

Flags grace Village scene

carmel valley

outlook

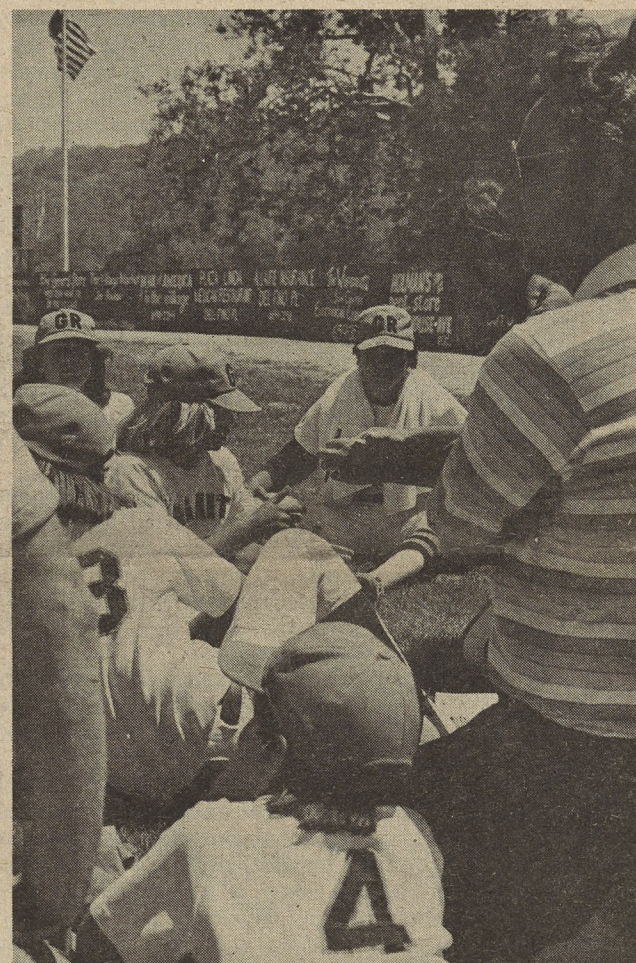
outside carmel valley 15¢

BULK RATE
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PERMIT 23
CARMEL VALLEY CA.

july 8, 1976



ACTION WAS HOT and heavy at the Carmel Valley Little League field for the traditional Fourth of July baseball game between Carmel Valley and Carmel. For results see Mildred Hattan's column.



Food value — a nutritionist's point of view

By IRENE-GAASCH

"Balloon bread has been rated as the second best bread in the whole world," says Community Services nutritionist LaBerta Miller. It's a fact she really dislikes sharing because personally she finds whole wheat and whole grain breads more satisfying.

"But a person can meet the RDA's (Recommended Daily Allowances established by the Federal Food and Drug Administration) with balloon bread," Miller laments, "so, if they are on a limited budget, and every penny counts, I advise them that this is the best buy, even though the whole grain breads are more nutritional and contain more vitamins and minerals."

A survey conducted by the American Dietetic Association found American white bread, commonly called balloon bread by people in the food and diet industries, second in nutritional value only to a Scandinavian rye bread. And as an advisor to persons who come into Community Services for help, says Miller, "I just can't ask people to spend nearly twice as much for their bread, when it really isn't necessary."

But what kind of bread to buy usually isn't a main concern for the people Miller works with at Community Services. "Although we are available to help all persons in the county 'because there are no qualifiers for our services,'" says Miller, "our target is the low income person." At present she helps people on an individual basis, works with migrant workers and senior citizens, and helps with cooperative buying for the farm workers.

Community Services also aids in the Operation Brown Bag program where surplus produce is distributed to senior citizens in 31 sites throughout the county. "But most of these people have not learned to cook with vegetables wisely," she says. She also develops recipes for using vegetables in a nutritional way. These, plus information on storage and food safety, go into a biweekly newsletter Miller writes.

Like most people in America, many of the seniors have been programmed by the American protein myth, says Miller. "Many people in our country have been convinced that they need meat at every meal," she says, noting that two eggs would give a person enough protein for the day.

"Eggs also contain lecithin, a waxy substance containing phosphorus, that helps break down cholesterol," says Miller. She feels that fear of too much cholesterol from eggs is a problem to only a few people and can easily be revealed through a cholesterol test. "Yet, so many persons on limited incomes are avoiding eggs because of this fear and eggs are one of the best protein buys," she says.

Fear of cholesterol and over indulgence in protein, are myths that span the whole society according to Miller who finds that, in general, the American public tends to know little about a sound nutritional diet.

"Everyone knows the basic four, and when I start to teach someone how to develop a good balanced diet for themselves, I, too, fall back on them," she indicates. She deviates from the usual by trying to show illustrations people can relate to easier than a whole round of cheese or a huge chunk of beef.

"At last, we (people working on various food programs) are beginning to show the basic four as it is represented in the ethnic foods," she says. A good example is the use of bean with rice by the Mexican people. Miller points out that the use of these two foods together makes a complete protein equivalent to meat.

"So, it is possible to obtain enough protein with very little meat but it involves planning and some changes in our food habits," she says. "We need to let go of some of our traditional eating habits, especially if the amount of money in the food budget is limited," adds Miller.

But limited budgets are not always the reason for poor

nutrition habits. Many persons just don't take the time to eat properly. Convenience or dieting to lose weight seem to be their major concern. National averages show that the entire population is low on vitamin C and A, iron, the D vitamins and calcium. Yet it is easy to obtain these in foods such as oranges, broccoli and other green leafy vegetables.

"I also advise people not to buy processed foods and to read the labels. Knowing a simple thing such as that foods are listed in the order of their percentages in the product is very helpful when buying," says Miller.

Reading labels also reveals the kind of oil or fat used in preparing foods. With an average diet of 90 percent saturated fats, people would be wise to read all labels carefully just for this information. Miller feels that the average person could reduce the saturated fats in their diet by conscientiously



LABERTA MILLER, nutritionist, advises people on wise eating habits.

reading labels and using only products prepared with vegetable oils.

She cautions that hydrogenated vegetable fats are just like animal fats, though, and should be avoided. (Hydrogenation is used to make the fat or oil lighter or to enable other ingredients to be suspended in the fat. It is the process of adding hydrogen molecules into the fat.)

Another way to cut down on saturated fats is to use extenders such as soy granules or rice with meats. "But do this yourself at home. Many of the helpers and mixes are basically food extenders, and a person pays for the packaging and promotion for these foods," she says.

She recommends using two percent milk or powdered milk, since both will cut the amount of fat in the diet. After meeting the protein requirement (56 to 58 grams per day for the average person) Miller suggests that the remainder of the needed calories be acquired through carbohydrates because they are more efficient than fat calories. Carbohydrates and protein are only four calories per gram while fats are nine. She also recommends avoiding sugar carbohydrates.

"Honey and brown sugars have no more nutritional value than white sugar," says Miller. "They are all empty calories, though honey is the lesser of the evils simply because it has not been processed," she adds. Also, she says, honey is a simpler sugar made from one molecule but it is not any better for you than sugar.

"Whenever I can, I encourage people to use whole grains," says Miller. It is her opinion that whole grains give the most food value for the amount of money spent, being more nutritious and less costly than the fancier, processed grain products.

"People must learn to take the time to learn some basic nutrition facts," she says, pointing out that the words "enriched macaroni" always make her cringe. Yes, the products are enriched she says but, "you dump off all that added enrichment with the large quantities of water the manufacturer has you cook the macaroni in." She says the only way to keep the "enrichment intact" is to cook the product in a small amount of water and retain the water as part of the dish. But this would change the texture of the macaroni and texture changes are not accepted easily by people. Also she doubts that the macaroni would look very appealing.

Rather than encourage people to be vegetarians, which takes dedication to work properly, Miller counsels them in the wise use of eggs and cheese, learning to use less costly cuts of meat, and in enhancing meals with vegetables.

"I want people to realize that what you eat the body uses

for energy and as growth material," she says. Just becoming a conscious consumer would be a big help for most people who are nutritionally poor she feels. She thinks there is enough abundance in our country so that most people do not have to be nutritionally poor because of funds. "It's a matter of education. It is simply a bill of goods that the only good orange is a nice, round orange," she exclaims, "and we have to learn to recognize the facts from the promotion and fads when buying food."

"Working in Monterey County's a challenge because of this diversity of people," says Miller who agrees with surveys which reveal nutrition problems in every strata of the society.

She hopes to make all people more aware through nutrition education, which she plans to do through classes. "I will be happy to go to any of the housing projects or someplace like the Carmel Foundation or any place in the county, and give classes," says Miller.

Being realistic, Miller knows that she can only give the opportunity to learn. "The next step is up to the person," she said, "for in essence, sound nutrition rests with each individual."



Valley Briefs

PROPERTY TAX ASSISTANCE

State representatives will be in the Monterey County area to help senior citizen homeowners file claims for the Senior Citizens Property Tax Assistance Law benefits, July 19-21 in Salinas at the John Steinbeck Library Meeting Room, 110 W. San Luis, and in King City on July 22 at City Hall Council Chambers 212 S. Vanderhurst.

Assistance will be available at these temporary offices from 9 a.m. to 4 p.m. Deadline for filing claims this year is Aug. 31. Claimants are urged to file early. For more information on eligibility and forms call (916) 355-0447.

KING

Mr. and Mrs. William King of Carmel Valley recently added a family member with the birth of Beau William on July 1.

O'BRIEN

Mr. and Mrs. Richard J. O'Brien of Country Club Drive in Carmel Valley have announced the graduation June 12 of their son Rick from the University of Southern California with honors. Rick is a graduate of Carmel High School.

carmel valley outlook

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LOCALLY OPERATED MEMBER



DONREY MEDIA GROUP

1970
PRIZE-WINNING NEWSPAPER
of the
CALIFORNIA NEWSPAPER
PUBLISHERS ASSOCIATION

Flags fly high over Village

Two flagpoles grace the Carmel Valley Village scene due to efforts of the Carmel Valley Kiwanis Club over the

Fourth of July weekend. The flagpoles, located at the corners of Carmel Valley Road, Flight Road and Via

Contenta, are the first of four planned for the Village by the Kiwanis.

Preparation work for the July 4 dedication ceremony was accomplished Saturday by members of the club. Bob Wehe, who originated the idea, primed and painted the poles. Web Buckham, Randy Randazzo, Jack George and Bill Riordan poured the concrete and set the bolts for holding the poles in place. George placed a Bicentennial quarter in the concrete at the Flight Road site.

The Carmel Valley Fire Department and a passing telephone company truck assisted the Kiwanis in raising the poles, but only after members had carried the 300 pound pole to the site.

Participating in the dedication Sunday were: Otto Huebner, Immediate past Lt. Governor of the Kiwanis, who gave the dedication speech; John Carlin, who played the national anthem at both flag

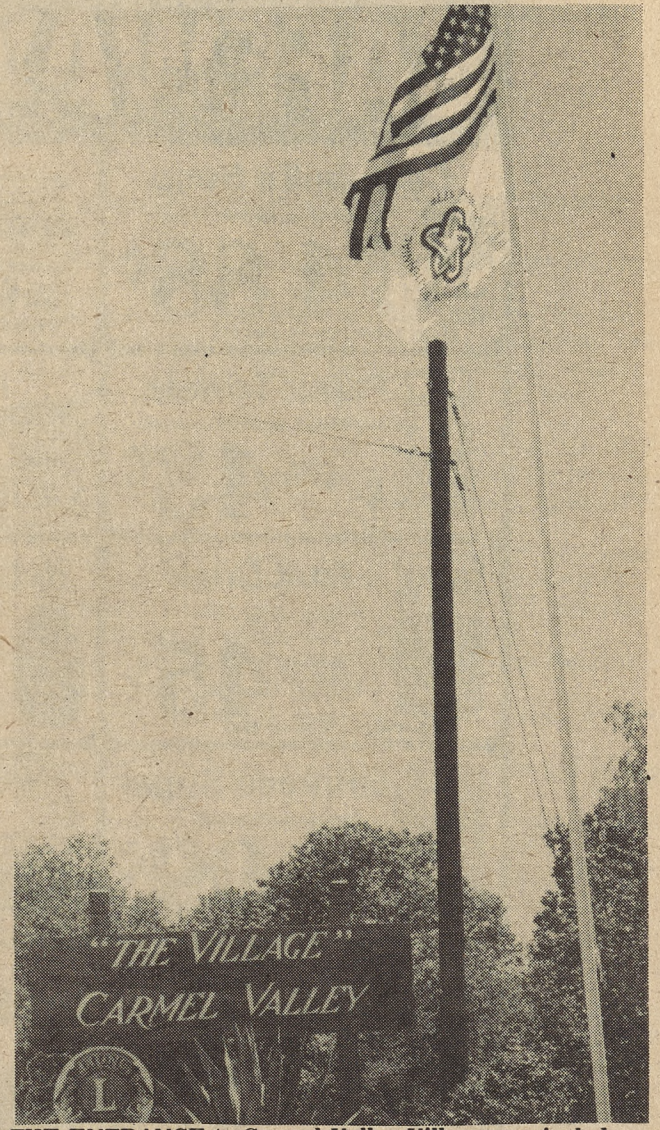
raisings; Harold Fly; Joe and Dorothy Smith; Bill and Dulcie Browder; Don Carter; Mrs. Jack George; Ann Randazzo and granddaughter Riannon; Mrs. Otto Huebner; Raz Belleci; John

Von Berg, president of the Kiwanis; and Huebner's son who played drums at the ceremony.

The flag used in the ceremonies is the flag given to Mr. and Mrs. Browder whose son was killed in action in Vietnam. After the

ceremonies, Randazzo opened the back of his van to reveal champagne for a celebration.

The Kiwanis plan to have one flagpole at the east and west entrances to the Village, as well as north and south locations. The two remaining locations are adjacent to Dulcie's Take Out and Carmel Valley Market.



THE ENTRANCE to Carmel Valley Village now includes a flagpole thanks to the efforts of the Carmel Valley Kiwanis.

Carmel High honor roll announced

Carmel High School has announced its honor roll for the spring semester 1976. To qualify for high honors, a student must earn a 4.0 GPA. Students with a 3.500 - 3.999 GPA gain honors.

HIGH HONORS

Claudine Arnal, Gerald

Beardsley, Barbara Bell, Don Berta, Paul Burdick, Katharine Coakley, Julie Courtney, Michael Criscola, David Dally, Caroline Drye, Gwen Fishkoff, John Frincke, Susan Fuhs, Sandra Fulton, Mike Galang, Lee Geiger, David Hare, Steven

Heinz, James Craig Hill, Lauri Hofer and James Irwin.

Dru Jensen, Scott Johnson, Barbara Keller, Deborah Keller, Becky Lambert, Anne Leonard, David Long, Diane Long, Mary Lor, Frank Lucido, Jennifer

MacLennan, Richard Mark, Patricia Miller, Annika Nelson, Nancy Parsons, Mary Patton, John Pollard, Flora Pomeroy, Rebecca Post, Debbie Pugh, Anita Renneberg, Julie Ricketson, Marion Ruiz, Enid Ross, Mike Ross and Donna Ryu.

Karim Sadeghi, John Schatz, Lisa Setzer, Deborah Silver, Jenna Singleton, Ben Speiser, Susan Sturges, Albert Tao, Kamella Tate, Melody Tate, Jess Taylor, Theresa Thomas, Wendy Thorpe, Clare Twohig, Anna Vanderveen, Kim VonBerg, Tina Wald, Jennifer Walden, Krisi Walthour, Teresa Watkins, David Williams, Scott Wilsdon and Belle Yang.

HONORS

Stephen Serman, Donald Thomas, Lucile Adams, Molly Matheson, Gail Stephenson, Pam Tallett, Kathryn Blevens, Amy Brock, Anita Campbell, Kenneth Hohler, Mary Thomas, Trudy Tunstall, Julie Zoellin, Gail Sherman, Katherine Belleci, Tim Blakeslee, Joyce Crabtree, Robert Drye, Deborah Huszagh, Karen Lemos, Timothy McFann, Richard Rainer and Tracy Rushmer.

Alex Wilsdon, Tammy Chappell, Richard Cline, Robin Morris, Sam Read, Andrew Haslett, Livia Giusi, Andy Jones, Edward Canadas, Donald Corona, Janice Davey, James Hufford, Michael Irwin, Jeff Jacobsen, Kerry Lake, Douglas Lathrop, Eva Ljosland, David Mills, Julie Montgomery and Rick Parker.

Michele Meunnig, Joseph Tarantino, Kayoko Amemiya, Andrew Griffin, Marguerite Meyer, Cory Sligar, Cynthia Snorf, Laura Stone, Michael Tette, Angela Misel, John Baldwin, Paul Barrish, Deborah Narvaez, Gianna Tolhurst, John Horn, Richard Bell, Nancy Fishkoff, Margaret Gleason, Karen Woodward, Romona Laymance, Alexander Blevens, Nancy Fleming, William Gaver, Leslie Henry, Terrance Reese, James Ryan, Nina Williams, Tuan Hoang-Zuan, Carol Davis, Subrina Haidar, Linda McGlochlin, Grant Prescott, Alexander Rembert, Camille Stewart and Jon Ubick.

Leslie Surman, Domenica Catania, Ronald Gayman, Robert Grant, Karen Kabat,

Steve Rammel, Jill Ricketts, Gayle Uyeda, Brian Crocker, Alison Porter, Rebecca Bloom, Sharon Wong, Carolyn Carducci, Elizabeth Copsey, Lynne Fenton, Lori Crisan, Susan Feder, Maria Klepich, Branda Lambert, Linda Lewis, William Lyon, Jeff Mink, Sean Moore, Jeanie Rainer, Teri Rushmer, Lisa Schoening, Syd Setterlund, Linda Shook, Scott Thigpen, Suzy Vineberg, William Wilkinson, Debra Fleager, Tim Broadman, Lisa Buck, Laura Steinmetz and Elizabeth Vout.

Nghia DoTrong, Rebekah Barrish, Christopher Paik, Andrew Beckett, Elisabeth Church, Katharine Collins, Arlene Ferrill, Gail Frost, Kirsten Gafill, Sandy Harrison, Julie Jauregui, Patrick Kelly, David Marcus, Kevin Nix, Jill Uyeda, Diane Wilsdon, Chris Fromm, Pamela Hopkins, Lisa Watson, Marjorie Hutchins, Carol Bialek, Susan Burgers, Marco Cappelli, Laura Dupere, Caroline Green, Stephen Hall, Thomas Hogan, Deborah Kay Kirk, Kari Larson, Peggy Seibert, Sinclair Thomson, Carolyn Snorf and Jeff Hogans.



THIS MARCHING TRIO of Robbie Short (left), Robert Goldring and Chris Melching of Tierra Grande made note of the Bicentennial Friday at the Mid-Valley Shopping Center. The trio marched throughout the Peninsula under the sponsorship of Monterey Savings and Loan.

Senior League All Stars chosen

Although the baseball season for the Carmel Senior league ends July 12, play continues with the All Star players. The All Stars are chosen by a committee of managers and are selected on athletic ability.

Players elected to this year's All Star team were

notified and presented with pins July 3 at the Carmel High School baseball field.

Players selected for the All Star team are Charlie Allaire, Cory Bliesner, Gary Childs, Mark Clark, Mark Dodd, Andy Fremier, Mike Harney, Bruce Keefer, Pat Kelly, John Lucido, David

McKenzie, Tim Sherman, Sina Sotoodih, David Spear, Paul St. Germain, Scott Thigpen, Sinclair Thompson, and Micah Willingham.

The first game for the all Star players is scheduled for July 19 and will be hosted by the Carmel Valley league.

SAFEGWAY LOW-LEVEL PRICES

Campbell's Soup Cream of Mushroom, 10% oz.  4 88¢ (Town House, 10% oz. 5 for \$1)	Chunk Tuna Star Kist, Light, 6 1/2 oz.  49¢ (Sea Trader, 6 1/2 oz. 45¢)	Crackers Sunshine, Cheez-It, 1 lb.  69¢ (Super Saver)	Margarine Fleischmann's, Corn Oil cubes - 1 lb.  58¢ (Empress, cubes, 1 lb. 45¢)
Paper Towels Truly Fine, 2 ply Decorated, roll  43¢ (Super Saver)	Frozen Dinner Banquet, reg.  49¢ (Super Saver)	Pound Cake Sara Lee, Frozen, 10% oz.  99¢ (Super Saver)	100% Wheat Bread Mrs. Wright's, 1 lb.  35¢ (Super Saver)
Fruit Drink Hi-C, 46 oz.  45¢ (Cragmont, 46 oz. 42¢)	Barbecue Sauce Kraft, 18 oz.  49¢ (Low Level Price)	Cat Food Tabby Treat and Tender Bits, 6 1/2 oz.  6 \$1 (Super Saver)	Ajax Liquid Detergent for Dishes, 22 oz.  59¢ (Super Saver)
Empress Sugar Granulated, 5 lb. bag  99¢ (Low Level Price)	Mayonnaise nu-made, Quart  87¢ (Low Level Price)	Apple Sauce Town House, Gravenstein - glass 15 oz.  3 89¢ (Super Saver)	Toothpaste Aim, 4.6 oz.  49¢ (Super Saver)

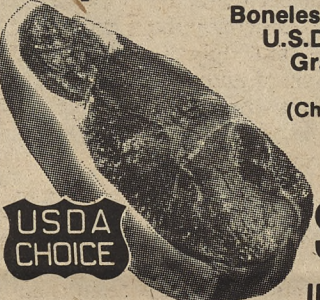
Large Eggs 72¢
 Lucerne, Grade AA Dozen

Potato Buds \$1.09
 Betty Crocker, Instant 28 oz.

Preserves 59¢
 Empress, New Crop Strawberry 10 oz.

Pineapple 49¢
 Lalande, Sliced or Chunk, 20 oz.

Pickle Slices 49¢
 Fanning's, Bread & Butter, 14 oz.

Top Sirloin Steak
 Boneless Beef Loin U.S.D.A. Choice Grade Mature Beef (Chateaubriand)

\$1.99
 lb. (USDA Choice)

Boneless Roast
 Cross Rib, Beef Chuck U.S.D.A. Choice Grade Mature Beef

\$1.38
 lb. (USDA Choice)

Mac. & Cheese 28¢
 Kraft Dinner, 7 1/2 oz.

Donuts 99¢
 Mrs. Wright's, Assorted - box Dozen

Drink Mix \$1.19
 Lucerne, Instant Chocolate, 2 lb.

Waffles 49¢
 Eggo, Frozen, 11 oz.

Charcoal \$1.09
 Trophy Briquets, 10 lb.

Frozen Foods

Deluxe Pizza 23 oz. \$2.15
 Jenos's Combination (Sausage, 21 oz. \$1.95)

Jenos's Pizza Rolls 6 oz. 69¢
 Birds Eye, with Onion Sauce

Mixed Vegetables 8 oz. 54¢
 Combinations

Birds Eye Peas 8 or 10 oz. 54¢
 Fleischmann's Egg Substitute 16 oz. 87¢

Egg Beaters 2 ct. 65¢
 8 inch Deep Dish Lloyd J. Harris (Bel-Air, 40 oz. \$1.49) 44 oz. \$1.59

Pet Ritz Pie Shells 6 oz. 69¢
 Ice Cream Sherbet Bars 6 ct. 69¢

Deluxe Apple Pie 44 oz. \$1.59

Eskimo Kreme Coolers 12 oz. 58¢
 Concentrate

Hawaiian Punch 12 oz. 63¢
 Concentrate

Bel-Air Grape Juice 12 oz. 63¢
 Concentrate

Hen Turkeys
 Manor House U.S.D.A. Grade A Frozen

59¢
 lb. (USDA A Grade)

Chuck Roast
 Blade Cut U.S.D.A. Choice Grade Mature Beef

68¢
 lb. (USDA Choice)

Whole Fryers
 Manor House & Other Frozen Brands U.S.D.A. Grade A

46¢
 lb. (USDA A Grade)

Silver Salmon
 Frozen Fresh Thawed Pieces For Baking
 (Salmon Slices, lb. \$2.88)

\$1.99
 lb.

Canned Goods

Fruit Cocktail 16 oz. 45¢
 Libby's (Sliced Cling Peaches, 16 oz. 43¢)

Fruit for Salad 17 oz. 59¢
 Del Monte

Bavarian Sauerkraut 16 oz. 33¢
 Stokely

Stokely Shellie Beans 16 oz. 29¢

Van Camp Beef Tamales 15 1/2 oz. 51¢

Food Favorites

Fudge Brownie Mix 23 oz. \$1.03
 Duncan Hines

Laver Cake Mix box 63¢
 (Angel Food, 14 1/2 oz. 89¢)

Kraft Cheese Whiz 16 oz. \$1.43
 Spread

Sharp Cheddar 8 oz. 99¢
 Kraft Cracker Barrel Cheese Spread

Hormel Spam Spread 3 oz. 35¢

Beef Tip Steak
 U.S.D.A. Choice Grade Mature Beef Round

\$1.68
 lb. (USDA Choice)

Meat Wieners
 Safeway Skinless 1-lb. Pkg.

79¢

Safeway Variety

Pringle's Potato Chips 9 oz. 85¢

Parmesan Cheese Kraft, Grated 3 oz. 59¢

Wine Vinegar Italian Kitchen 12 oz. 37¢

Malt Vinegar English Kitchen 12 oz. 54¢

Hollywood Safflower Oil 1L \$1.47

Colman's Dry Mustard 4 oz. 67¢

Facial Tissue Chiffon, 2 ply 200 ct. 53¢

Charmin Bath Tissue 4 roll 79¢

Disposable Diapers Pampers Toddler 12 ct. \$1.41

Miracle White Liquid Super Cleaner 1L 87¢

Liquor & Wine

Win or Vodka 5th \$2.89
 Winner's Cup, 80 Proof (Case of 12 - 5ths, \$32.16)

Scotch 5th \$3.79
 Winner's Cup, 80 Proof Whisky

Brandy 5th \$3.59
 Fidelis, 80 Proof

Liquor Available at Licensed Stores Only.

Game Hens Super Size Checkerboard, Frozen lb. 69¢

GRAPES 39¢
 Thompson Seedless lb.

 Great for Snacks Calif. Grown

Summertime Foods

Sweet Pickles 12 oz. 67¢
 Del Monte, Whole (Pickles Relish, 40¢)

S&W Bean Salad 17 1/2 oz. 65¢
 Marinated

Iced Tea Mix 5 1/2 oz. 45¢
 Lipton, with Lemon (Low Calorie, 5 oz. \$1.19)

Orchard Orange Drink 1/2 Gal. 66¢

Ice Cream Crazy Cones Party Pride 24 ct. 62¢

Coffee Suggestions

Instant Coffee Maxwell House 6 oz. \$2.12

Coffee Creamer Lucerne Coffee Tone 16 oz. \$1.03

Taster's Choice Freeze-Dried 4 oz. \$1.79

MJB Coffee Ground 2 lb. \$3.09

MJB Coffee Ground 1 lb. \$1.63

SAFEGWAY FLOWER SHOW

Coleus 4 Inch Pots ea. 49¢

Succulents 2 1/2 Inch Pot 2 for 88¢
 or Cacti, 2 1/2 Inch Pot

Fresh Limes
 Florida Each 5¢


Apples Granny Smith, Imported from New Zealand lb. 49¢

Valencia Oranges California Grown 7 lb. bag \$1

Carrots Clip Top 2 lbs. 35¢
 or Green Onions

Radishes 2 for 33¢

Bell Peppers Large size lb. 39¢
 Great for Stuffing and Salads

Yellow Onions U.S. #1 3 lbs. 39¢

Sunkist Lemons Large size 3 for 39¢

Celery Large, Crisp Stalk ea. 35¢

Non-Food Favorites

Rolaids Antacid Tablets 75 ct. bottle \$73¢
 (YOU SAVE 42¢)

Hair Spray Miss Breck, Aerosol, 11 oz. \$79¢
 (YOU SAVE 20¢)

Broom Kitchen Craft, Plastic, Feather Tipped each \$2.65
 (YOU SAVE 14¢)

Hair Dressing VOS, Conditioner, 1 1/2 oz. \$99¢
 (YOU SAVE 20¢)



Your Low-Level Price Store

SAFEGWAY

Items and prices in this ad are available July 7, 1976 thru July 13, 1976 at all Safeway Stores in the following counties: Solano, Napa, Sonoma, Marin, Contra Costa, Alameda, San Francisco, San Mateo, Monterey and Santa Cruz. *Prices not effective in Vacaville and Fairfield. Sales in retail quantities only.

under the oaks and among the cacti

by mildred hattan

Doud-Kintz wedding

A June wedding ceremony at the Carmel Valley Community Chapel was the culmination of a romance which began four years ago when Laurie Jean Doud and Mark Hampson Kintz were students at United States International University in San Diego. The evening rites were performed on June 26 by Rev. Donald Johnson.

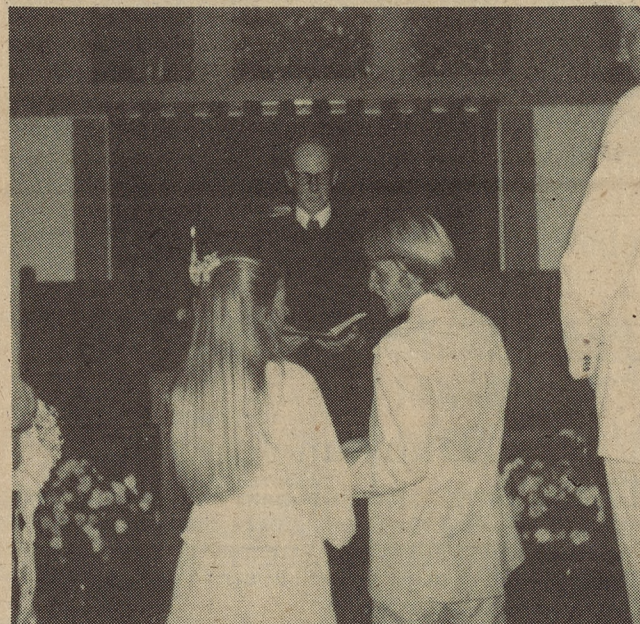
Laurie, the daughter of Dr. and Mrs. Toland Doud, Carmel Valley, was given in marriage by her father. Her long white bridal gown of dotted Swiss was trimmed with white satin ribbon and lace. The traditional "borrowed" were pearls belonging to her paternal grandmother; and she carried a bridal bouquet of white rose buds, baby's breath, light blue delphiniums, and blue and white satin streamers, which matched flowers in her hair, and an arrangement of flowers on the wedding cake.

A June 12 graduate in fine arts at the U.S. International University, Laurie attended Tulare School in Carmel Valley, and graduated from Carmel High School in 1971. She spent a semester at sea in the Orient and South Seas with Chapman College's World Campus Afloat.

Her bridal attendants were her sisters, Mrs. Patrick McGibney of Baywood Park, California and Marian Doud of Carmel Valley. With their long identical gowns of forest green, they carried old fashioned nosegays.

Dr. and Mrs. Robert Kintz of Vista, California are parents of the bridegroom who graduated from Vista High School and earned his bachelor of science degree this June from the United States International University in San Diego.

A college friend, Michael Montgomery of Santa Monica, served as his best man and Patrick McGibney served as usher for the small family wedding.



LAURIE DOUD and Mark Kintz recently exchanged wedding vows before the altar at the Carmel Valley Community Chapel with Rev. Donald Johnson officiating.

Among those attending were Laurie's sister, Frances and brother, Tommy of the Valley; grandparents, Mr. and Mrs. James C. Doud of Carmel and Honolulu and great grandmother, Mrs. Florence Sharon Brown of Terra Linda. Also her aunt's families, Mrs. Robert Fischer of Carmel; Mrs. Robert Warren of Allendale, New Jersey; and Mrs. Jean Saint-Fort Paillard of Pebble Beach.

Among the groom's special guests were his sister, Susan of Vista; and grandmothers, Mrs. Bea Kendall of Vista; and Mrs. Thomas Hampson of Visalia.

Following the ceremony and a wedding supper at the Buckeye the newlyweds cut their wedding cake at the Doud home on Laurel Drive before leaving for Lake Shastina on their honeymoon.

Laurie and Mark are now at home in Leucadia, California, where — at nearby Encinitas — Mark is in business management.

Local youth in Lyceum

Outstanding young local musicians participating in the Lyceum-Carmel Bach Festival Music Workshops will be performing Thursday, July 8, 3:30 p.m. at the Church of the Wayfarer, Dolores and Seventh Streets, Carmel.

The demonstration of the Music Workshops will be under the baton of Maestro Sandor Salgo. The students have been participating in the annual Lyceum-Carmel Bach Festival Summer Workshops which provide three weeks of intensive instruction in both choral and instrumental music.

The Choral Workshop, concluding July 9, has been directed by Mrs. Pricilla Salgo, Fidel Sevilla of Reno, is director of the Instrumental Workshop which will continue until July 16. Students are selected each spring on the basis of auditions and interviews.

Among the organizations which support the Lyceum in its seminars and workshops for gifted young people are Bing Crosby Youth Fund, Monterey Jazz Festival, Monterey Peninsula Volunteer Services, the Packard Foundation, 39 Craftsmen of Monterey County, Valley Guild of Salinas, and several Kiwanis Clubs.

Participating from the Carmel Valley-Carmel area are: Sandra Carrick, Donald Dally, Bari Roberts, Kevin Schambach, Theresa Thomas, Leora Weitzman, Nicki Tostevin, Karen Weitzman, Leslie Robinson and Angela Karadsheh.

Kiwanis summer horse show

Scheduled for this weekend at the Carmel Valley Trail and Saddle Club Grounds on East Garzas Road is the Annual Kiwanis Summer Horse Show.

Trophies will be awarded to first place and ribbons through fifth place in the 26 classes, according to show secretary Mike Rohan.

Judges for the annual event will be Gay Piper, English Division; Feliz Guitron, Western Division; and Peter Pedrazzi, Trail and Halter Division.

Spectators are cordially invited, the viewing is free — and Rohan recommends the morning events as the most interesting for the novice. Also be sure to stay for the Dollar

Derby and Parade of Stallions to be held during the luncheon break.

Chairmen and committees for the Kiwanis benefit are: **ENTRIES:** Egon Werdelman, chairman, assisted by Lou Allaire, Fred Fisher, Dick Clarkson, and Robert Brandt.

ANNOUNCERS BOOTH: John Scroggs, chairman.

CASHIER: Ron Hunter, chairman.

FOOD: Raz Belleci, chairman. Committee members: Mac McCullough, Ed Marcucci, John Canepa and John Monroe.

PARKING: Orville Roger, chairman; Joe Ricupero, Joe Smith, Jack Clark, and James McAloon.

ENGLISH RING: John Von Berg, chairman, and Augie Acuna, Les Phelps, Bill Brodrick, and Chester Sargent.

WESTERN RING: Jack George, chairman; Ed Foote, Bob Klinge, Randy Randazzo and Getty Fairchild.

BACK GATE: Otto Huebner, chairman; Web Buckham, Gerald Aldridge and Bill Riordan.

AWARDS: Harold Fly, chairman; Frank Young and Lou Gardner.

UTILITY: Lee Mink, chairman; Joe Fischer and Philip Smith.

Also assisting about the grounds as runners, with cleanup etc. will be members of Valley Boy Scouts and 4-H.

There will be refreshments available all day. The first events in all three divisions begin at 8 a.m.

Sinclair ordained

A church in North Burlingame awaits Scott Sinclair who was ordained last week as an Episcopalian minister. Scott is the son of the late Prof. James Sinclair, and Mrs. Pauline Sinclair. The family resided for many years in Robles Del Rio. Scott and his two brothers attended schools in the Carmel district.

Pauline, who is now a resident of Sewanee, Tennessee was in Berkeley for the special ceremony, followed by a brief vacation in Carmel Valley where they were houseguests at the home of Mrs. Philip Walker. Dinner parties in their honor were given by their hostess on Monday when they enjoyed a reunion with Mrs. Francis Blend, Mr. and Mrs. Boyd Huff, and Capt. (USA ret.) and Mrs. Philip Mothersill. Tuesday they were welcomed "home" by Mrs. Irwin Johnson, Mrs. Richard Dick, Mrs. Paul Anthony and John Joiner. The guests were invited for cocktails preceding the dinner at the Flight Road home of Mrs. Anthony who also entertained Mr. and Mrs. William Hodges.

Also houseguests during the Sinclairs stay were Shelley Klingensmith from San Jose and Kathy Klingensmith from Dallas, Texas.

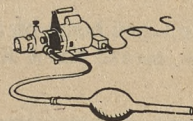
Lions finish first

Final results of the Carmel Valley Little League Major competition found the Lions in first place with a no loss record in the first half and a 6-2 record in the second. The Indians were a sure second place with a 5-2 record in both halves.

The Volunteers and Falcons tied for third with a 4-3 record; the Tigers, fifth with a 3-4 record and the Wildcats in sixth

Continued on page 6

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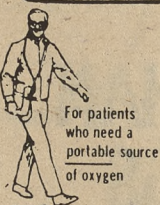
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Continued from page 5

place with a 0-8 record.

The scoreboard on the Fourth of July read:

Carmel-La Playa Cubs:	0 0 0 0 0 0 0 0 0-0
Carmel Valley-Lions:	0 0 0 0 0 0 0 0 1-1

The winning pitcher was Chris Tugwell in a real thriller going three extra innings. The CV Lions finally pulled a win out of the bag in the bottom of the ninth inning when short stop Greg Jones hit a double. Ward Crane, catcher, for the Lions, then came up to bat and smashed a grounder to right field bringing Jones home for the winning run.

Rusty Elsberry, the Lions top pitcher went the first six innings giving up only two hits. Chris Tugwell came in to pitch for the remainder of the game and whizzed the ball across the plate to take the win.

Both teams played outstanding ball. The Carmel team robbed the Valley boys of a number of hits with their excellent fielding.

Mike Vout playing second base for the CV Lions returned the compliment by blocking several smashing grounders and holding Carmel to one base hit from 2nd for the outs.

Final score for the second place teams had Carmel Granite Rock winning 10-2 over the Carmel Valley Indians. Winning pitcher was Aileen Kelly of Carmel.

Carmel Valley All Stars were announced between games. The Valley will field the following team in their first All Star Game July 19 at the CV Little League Field against the

Carmel All Stars. CV will host both the Area and the District All Star Tournament this year on their greatly improved field on Paso Hondo.

Carmel Valley 1976 All Stars:

LIONS: Jeff Nichols, Ward Crane, Rusty Elsberry, Greg Jones, Chris Tugwell.

TIGERS: Ron Alexander and Bob Ryu.

INDIANS: Frank Villareal, Augie Bellmont, Dan Moore.

FALCONS: Dexter Witt, Steve Giraudo, Keith Moore.

VOLUNTEERS: Jackie Ingram.

The first place trophy and the sponsor's trophy on behalf of the Carmel Valley Lions Club was accepted during the awards ceremony by Lions Coach Dick Crane. It was Crane's eleventh year of coaching with the Valley League and completion of his eighth with the Lions, so the parents and team members presented him with a gift of appreciation. The metal sculpture by Norbert Roessler depicted the Little League park complete with dugout, first place flag, and each team member's name on the scoreboard.

The annual Donald McKenzie memorial trophy was presented by CVLL president Ed Dally. Boys are nominated by their teammates as best all around players and from each of the Major team nominees, Sean Owen was selected by the coaches and managers.

The Sal O'Campo memorial trophy presented by Jack Garrett is awarded to the twelve-year-old who has shown the most improvement. This year's winner, the first girl on the majors — Lil McDonald.

The morning Farm Team All Star game was won by the "Blue Team" scoring 23 points over the "Red" team with 9.

The season finished with the Wolf Pack record at 12-2-2. Losing by just half a game were the Cubs with an 11-3-1 record.

Vonnie Hildebrand, Miss Carmel Valley Little League of 1976, made and presented handsome handmade wooden plaques to the first place Major and Minor League winners and an All Star perpetual trophy to the Red team. The plaques, made by Vonnie, carried the Little League Mottos and will be given each year at the Minor League play-offs.

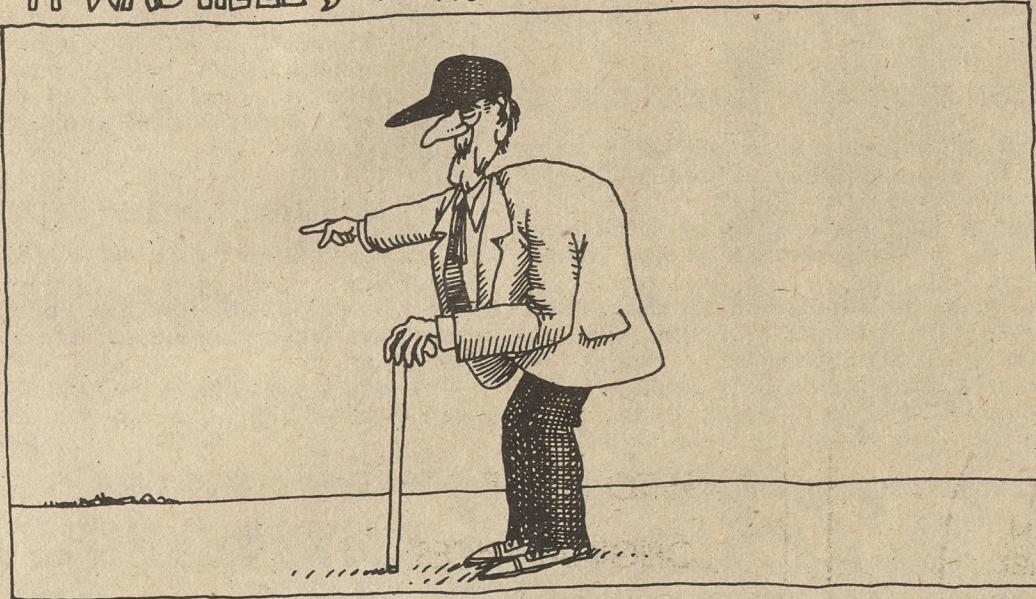
It was a big day at the annual July 4 Little League Barbecue with an estimated 600 persons served during the afternoon.



THE TRADITIONAL July 4 baseball game between Carmel Valley and Carmel ended after extra innings with the Valley team winning 1-0.

The
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DAILY 10-10
SUNDAY 10-6
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St. Dunstan's benefit

Pots of WHITE California poppies — a garden specialty grown by Sterling Mummert — were decorated with white tulle, white Mexican wedding flowers and presented as prizes at the June St. Dunstan's benefit bridge and canasta party at the home of Kathryn Walker.

Party fare following the "white is for bride's" theme made a pretty setting for the 40 guests who enjoyed the afternoon of cards and dessert.

Table prizes were won by Irene Selfridge, Bernice Leoni, Ellen Merchant, Martha Huff, Dorothy Chappell, Karen Wolter, Fran Wilson, Nellie Mirani, Olga Darch and Kathryn Walker.

First and second place canasta prizes went to Nellie Mirani and Mildred Blacow and for bridge to Irene Selfridge and Dorothy Chappell.

The July party will be held at the Leoni home on Scarlett Road on the 28th. For reservations, please phone Kathryn, 659-2280.

Valley Brief

MPC SUMMER COURSES

Monterey Peninsula College will offer two short intensive courses in the area of school food services during July. The classes will meet daily, Monday through Friday, from July 12 to 23. They will be held at Seaside High School from 8 a.m. to 1 p.m. The courses are called Foundations in School Food Service and Work Improvement in Food Service.

MPC will also present a two session course called Introduction to Group Work with the Elderly. The course will meet at Carmel Valley Manor on July 21 and Aug. 18 from noon to 5 p.m. Students will learn the newest techniques in group work, communication and interaction. For further information call Bea Siegel, 649-1150, ext. 451.



SIXTEEN MEMBERS of the Cypress Swim Club, are in Houston, Texas where they are representing the Monterey Peninsula in the 1976 Senior National AAU Outdoor Synchronized Swimming Championships at the Shamrock Hilton Hotel July 5 through 11. The 'A' team, pictured here, finished in the top ten at the Indoor Championships earlier this year, placing ninth. The swimmers are, left to right (top row), Allyson Braud, Robin Currier, Gerri Brandy and Maureen Dentch; (bottom row) Kathryn Blevens, Pavia Wald, Tina Wald and Anne-Maree Chatwell. Competing for the first time in Senior National AAU competition will be the Cypress 'B' team of Kris Ege, Mary Harris, Suzy Hermanson, Stacey Hicks, Eunice LaMica, Robin Pease, Laura Steinmetz and Kerry Wald. This will be the largest national entry ever fielded in the 12-year history of the Cypress Swim Club.

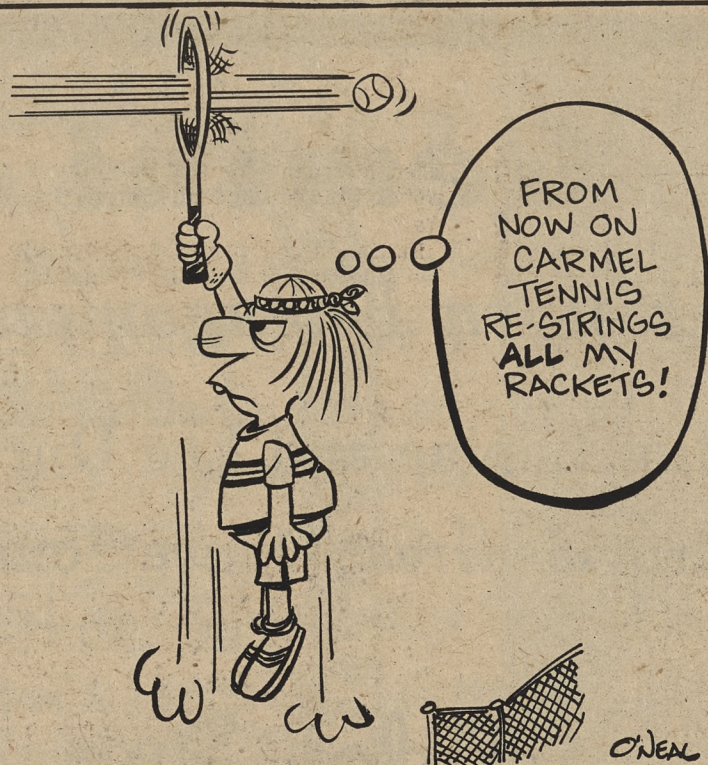


A THREE-DAY PROMOTION wound up last Saturday at Carmel Rancho Shopping Center. Uncle Sam cut the cake, assisted by William R. Moore, president; Judy McCarthy, treasurer (behind the flags); and Rick Fields, board member of the merchants' association. Uncle Sam was really Larry Martin of Monterey.

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Nightlife

BOILER ROOM: Rock entertainment Wednesday-Sunday begins at 9 p.m. with "California" July 8-11; and "Juice" July 14-17. No cover. Located in Cannery Row Square, Monterey. 373-1449.
THE BUCKEYE: Live entertainment nightly. Thursday-Saturday the three piece group, "Gorilla." Sunday-Wednesday the sounds of Mark Evans. 65 West Carmel Valley Rd., Carmel Valley 659-2235.

CASA MUNRAS: "Nice & Easy" dancing Tuesday-Saturday 9-1:30 a.m. No cover. Fremont and Munras Aves., Monterey. 375-2411.
CHINA ROW: Organist Dick Duane Wednesday-Sunday. Each night from 8-1. No cover. 444 Cannery Row, Monterey. 373-8494.
DEL MONTE HYATT HOUSE: "Cloudburst", Monday-Saturday 9-1:30 in the lounge; "The Troubadors" Tuesday-Saturday in

the dining room. Nightly dancing, no cover. 1 Old Golf Course Rd., Monterey. 372-7171.

GAY NINETIES DANCE GROUP: Three piece ensemble playing traditional rhythms for adult dancing. Chataugua Hall, 16th and Central, Pacific Grove on Saturdays only from 8:30 to 11:30 p.m. Admission \$1.50 per person.

HATCH COVER: Live entertainment beginning at 9 nightly. Wednesday-Sunday "Langford & Zabler", Monday and Tuesday David Diamond. No cover. Located in Carmel Rancho Center. 624-8286.
HIGHLANDS INN: Entertainment nightly. Ted Rowe on piano Tuesday-Sunday 6 p.m. until closing. Monday nights other entertainment. Four miles south of Carmel on Highway 1, 624-3801.

HIGHWAY ROBBERY: Piano bar with Serena Underwood, Tuesday and Wednesday. Ellen Boudreau on Monday and Boots Scobe Thursday to Saturday. Jam session every Saturday 3-6. Located in Carmel Center, at Rio Rd. and Highway 1. 625-1234.

HOLIDAY INN, CARMEL: Dancing and entertainment Wednesday-Sunday, 9-1. No cover. Highway 1 and Rio Rd., Carmel. 624-1841.

HOLIDAY INN, MONTEREY: Dancing with "Touch Stone" Tuesday-Saturday in the Captain's Hook Lounge. No cover. On Highway 1 and Del Rey Oaks Exit, 394-3321.

KALISA'S: Live entertainment nightly. Call for time and performance. Belly dancing every Friday and Saturday. 851 Cannery Row, Monterey. 372-8512.

KING'S CROSS STATION: Entertainment each night beginning at 9. Ron Blair and Anthony Thursday-Saturday; Brian Diamond Sunday-Wednesday. 116 Forest Ave., Pacific Grove. No cover. 372-5171.

LOVER'S POINT INN: Entertainment with Danny on the organ Thursday-Sunday, and holidays beginning at 8 p.m. No cover. Ocean View Blvd. and 17th St., Pacific Grove. 372-7787.

MISSION RANCH: Piano bar each night beginning at 9 p.m. featuring Kay Holman. 26270 Dolores St., Carmel. 624-3824.

MISSION RANCH BARN: Live rock bands each Friday and Saturday night from 9:30 p.m. to 1:30 a.m. \$1 admission. 26270 Dolores St., Carmel. 624-3824.

NO NAME SALOON: Live music every night, Monday-Thursday 8-12, Friday 9-1, Saturday 2-1, and Sunday 2-8. Monday: "JB" vocals, harmonica, guitar; Tuesday: "Tom Cat" Rivelli and Bob Moynihan bluegrass guitar and vocals; Wednesday: Sue and Al, piano, guitar and vocals; Thursday: a

little bit of everything with "Shiloh"; Friday: the music of "Hawk Feathers"; Saturday: 3-5 p.m. Al Brumbaugh, then "The Rank Strangers"; and Sunday: 2-6 Al Brumbaugh, guitar and vocal and from 6 to 8, the bluegrass sounds of Lark and Stan. Carmel Valley Road and Via Contenta, in the Village. 659-4884.

OBERS'S: Discotheque each night from 9 p.m. to 2 a.m. No cover or minimum. 2200 Fremont Ave., Monterey 375-6116.

THE OUTRIGGER: Comedy and song of Sioux Scott Wednesday-Saturday 9:15-1. Vocals and piano of J. Scott Smith, Sunday-Tuesday, Rock to Bach beginning at 8 p.m. No cover. 700 Cannery Row, Monterey. 372-8543.

RAMADA INN: The live sounds of the "Joe Ingram Trio" Wednesday to Sunday 9-1:30. Jazz session on Sunday 9-1. No cover. 1425 Munras, Monterey. 649-1020.

SPEAKEASY: Listen to "Pop & Sons" Monday-Saturday 9:30 p.m. to 1:30

a.m. No cover. Club is closed Sundays. 205 E. Franklin, Monterey. 373-4566.

TIA MARIA: "Ferris Wheel", Tuesday-Sunday. Off night dance on Monday. Located on Cannery Row at Hoffman Ave., Monterey. 373-0611.

THE WAREHOUSE: Appearing on Friday and Saturday beginning at 8:15 Barbara Kelly and The Warehouse Band. Tuesday-Thursday The Warehouse Band. Silent movies. No cover but lifetime membership is required. Club membership \$1.25, available at the door. Cannery Row and Prescott, Monterey. 375-1921.

CAPTAIN'S COVE: Live jazz and vocals with the Len Dixon Trio Wednesday-Saturday, 8:30 p.m. to 1 a.m., Sundays 7-11. No cover or minimum. 643 Cannery Row, Monterey. 372-4000 or 375-5411.

VENTANA BIG SUR: 28 miles south of Carmel on Highway 1. Classical guitarist, Glenn Tinturin 7-9:30 Wednesday and Thursday, Friday-Sunday, afternoons 12-2:30. (1) 667-2331.

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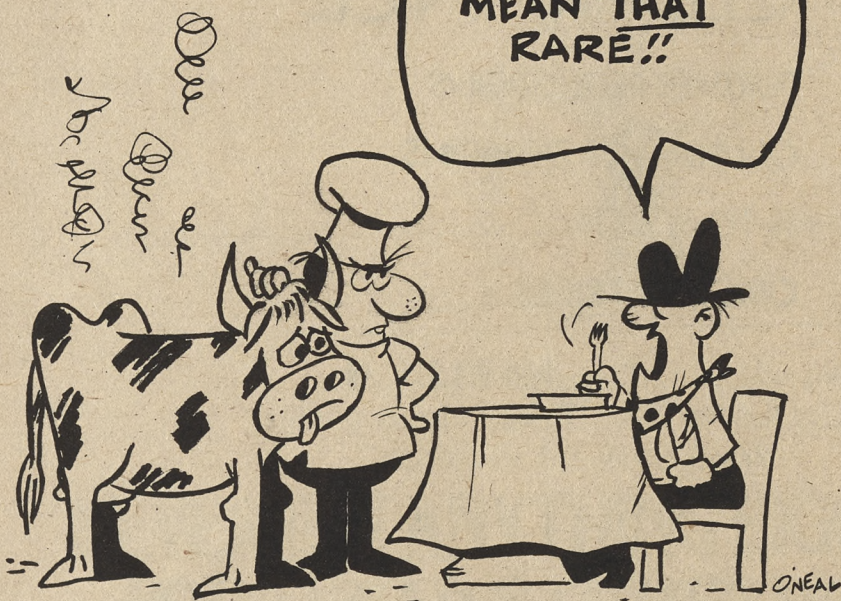
California Rodeo, P.O. Box 1648, Salinas, CA 93901 or call 424-7355; All Macy's Dept. Stores; Gadsby's Music and Stan Lisk Sporting Goods, Salinas.

What's
 George's?



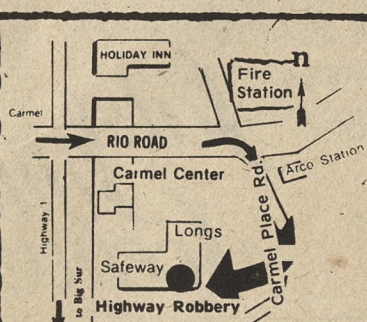
"SOUTH PACIFIC," the award-winning musical comedy from the pens of Rogers and Hammerstein, is coming to the Cannery Row Dinner Theatre. This American classic is directed by Alan Gilbert, who starred in the original Broadway production with Mary Martin and Ezio Pinza. Gilbert will also appear as Emile de Becque, the role created by Pinza. Other leads (shown in photo) include Patricia Hymes as "Bloody Mary" and Dennis Griffith as "Luther Billis." Starring as "Nellie" is LaVonne Rae Andrews. Rich Hughett is "Joe Cable" and Tammy Richardson will be seen as "Liat." Performances will run Thursday through Sunday evenings with opening night on July 15. Cannery Row Dinner Theatre is located at 720 Cannery Row, Monterey. For reservations, call 649-3388.

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Entertainment

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SUPER SCOOP: That list of Hollywoodites searching for some residential piece of mind on the Monterey Peninsula keeps growing. A usually reliable source tells me that Doris Day plans to be moving to Carmel in the near future.

Ms. Day recently made "dateline Carmel" worldwide headlines when she married at the home of a friend here on the Peninsula.



COMMUNITY THEATRE's "And Miss Reardon Drinks a Little" is being held over through July 17. Performance nights for this adult comedy-drama are Friday and Saturday, 8 p.m. The Community Theatre is located in the Sunset Center, Carmel. For reservations, 624-2669. Opening Aug. 6, a modern adaptation of Moliere's "The Imaginary Invalid."

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It's "anchors aweigh" for the Cannery Row Dinner Theatre as they set their sites on a July 15 opening of "South Pacific." Director-male lead Alan Gilbert is quite pleased with the progress of the cast to this point.

That cast includes Peninsula actress LaVonne Andrews who was asked to step into the female lead after Dinner Theatre secretary Kathy Fox was injured in an automobile accident. "LaVonne had no trouble stepping into the role," reports Gilbert. "In fact, she had caught up with the rest of the cast in two days."

Gilbert calls "South Pacific" "really a play with music. It's not like 'Guys and Dolls.' It's essential that the dramatic aspect come to the fore in order to be successful."

Present plans call for a piano and bass accompaniment under the direction of Lucretia Butler who worked with Gilbert on "110 in the Shade" at UCLA where Gilbert is a professor.

That new talent agency in Carmel, Great American Artists, is currently looking for three and four piece acts that could tour throughout Northern California. Musicians looking for an audition should call Tony Turner at 624-2224.

Look for Walt Disney studios to be coming to the Monterey Peninsula this fall to shoot a full length feature film throughout the coastal area... That chattering of teeth heard around radio stations these days is that of account executives and program directors waiting for the yearly ratings war tally due soon... "Bingo Long and his All Stars" is due in soon at the Carmel Center Cinemas...

Bob Langford and Jon Zobler start their last regularly scheduled gig at the Hatchcover this week on a Wednesday through Saturday basis set to last four weeks.

L&Z have decided to concentrate their efforts on songwriting and studio work. According to Jon, "We're incorporating and building our own studio in this area so that we can make demo tapes of our work. We'll have a four track and a two track and from there we can easily dub at least fifty tracks with a noise reduction unit. If we end up selling ourselves that's fine but we're concentrating on selling our music."

In addition to meshing their finely synchronous voices and guitars with their own compositions, L&Z will be recording

the music of a Santa Cruz buddy — Tod Epstein. Tod and Jon came out to the west coast from New Jersey a few years ago and played together with Bob in a rock group before everyone went their separate ways.

Bob and Jon don't look upon this work at the Hatchcover as a "retirement" gig. "We'll be working occasionally as a filler act for a few extra bucks. But it's time that we put back that element of fun in our music instead of thinking of a night's work as the second day of a five day week."

Plan to catch L&Z a few times during their Hatchcover set. Their musicianship and vocal work is of the highest calibre.

By the way, those who stopped by the Hatchcover last Saturday night to catch Julie Domac and bassist Foye Walkup on their last night together weren't disappointed.

Julie put on a fine "final" performance. She's headed out to Aptos now to try disco work at Your Father's Mustache. "I'll be back with my regular music soon. This disco work will give me a chance to try some different keyboard work and to rest my voice a bit since they already have a female singer."

When Julie decides to come back again, you'll see it first in this column.

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Recent Broadway Hit Director Dick Vreeland
Presents
ADULT COMEDY DRAMA
'AND MISS REARDON DRINKS A LITTLE'
BY PAUL ZINDEL
FRI-SAT 8PM
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Big Sur, California

feedbag

by lucy smithson

Cal-American ain't gonna like this but keep those hoses running folks. In July it's important to keep that mud puddle around the horse's drinking trough really wet. July to November is dry hoof time... contracted heels time. Show me in the contract where it says your horse has got to have contracted heels.

Anyhow water for livestock is not in the same category as sprinkling petunias. Furthermore, it all goes back into the ground to be sucked up by the CalAm

wells downstream. Seaside drinks your horse's mud puddle. They say it tastes bad, too.

You see, the horse's mouth isn't all that drinks. Hooves gotta drink too. Slu-u-urp! That's a hoof sucking up water from the ground it stands on. Without its daily drink of water, a hoof stops growing. It shrinks. It handens up until it's like a rock. Rocks do not make useful feet. They make for short choppy gaits. They make unsound legs and stiff, unsupple horses.

Hooves that don't grow develop contracted heels. Dry hooves get contracted heels. Hard-as-a-rock hooves get contracted heels. Ouchy! Ouchy!

Do you know a case of contracted heels when you see them? If it were a snake, would it bite you?

This is what contracted heels look like: In a normal hoof, the cleft on either side of the frog is about half as deep as it is wide. In a contracted heel, the cleft is narrower and deeper. In severe cases the cleft appears to be almost deeper than it is wide. Front feet are the ones that get contracted heels mast readily.

In most cases the normally round hoof takes on a more oval shape. But this is not

always true. If contracted heels are caused by leaving shoes too long between resets, the hoof may still appear round. It has to appear that way—it's nailed to a round shoe. The deepness of the cleft on either side of the frog will show the damage done.

Sometimes, contracted heels are caused by faulty shoeing. We have known at least one horse shoer who prefers an oval horse-shoe and leaves on such high heels after trimming that the frog is right out of contact with the ground. After a few shoeings he gets the horses set up with mule feet. And the horses move as well as mules—the better horses that is. It's hard to move out on contracted

heels.

Barefoot is best, of course. If only horse shoes weren't necessary. A barefoot horse with a mud puddle will never get contracted heels.

There's a kind of strap-on horseshoe called EZ BOOT which advertises "Barefoot is Best." The idea is to leave the horse in his natural state and just strap on the rubber horseshoes when riding rocky ground.

This theory is so sound, we checked out a pair of EZ BOOTS to try them out. We used only two as we usually shoe only El Pluggo's front feet.

The boot is made of heavy black rubbery plastic material with a tire tread bottom. It fits over the whole hoof fastening in front with a cable-latch arrangements which snow freaks tell me is similar to ski boots. The EZ BOOT is marketed by a Los Alamos, New Mexico firm. Los Alamos, high in the Jemez mountains, is inhabited entirely by scientists who ski. At least one must also be a horse-lover.

The EZ BOOTS were easy to put on. El Pluggo lifted his feet carefully the first few steps but was not alarmed. He put his nose down and sniffed. The inside of the EZ BOOT has rubber nubbies all over the flat sole. They must feel more cushy to a horse than hard ground. EZ BOOTS are recommended by their manufacturer for navicular horses or horses whose foot problems would be eased by a temporary pad.

The trouble with the EZ BOOT however is in the riding. Even on ordinary trail rides, it felt like El Pluggo was wearing galoshes. It reminded me of small boys in wintry Michigan walking down the school hall going scuff, jingle, scuff, jingle, in their

big rubber boots.

At the best of times El Pluggo is not a twinkkle toes. But in EZ BOOTS he felt exactly like Merlina the Klutz. We put in hours. We put on miles. We left the boots on overnight. El Pluggo never adapted his stride. This occurred about the same time as the Spring Dressage Show. All my friends were talking about precision! cadence! lightness! impulsion! And there we were shuffling along like lonely social outcasts.

Another drawback of the EZ BOOT shows up after the ride. They go on quickly and easily. But they are difficult to get off. Straddle the horse's hoof like a blacksmith and wrastle away. The horse resents this too.

Unconsciously I began to leave them off. "Aw, we're just going for a short ride. Let's go barefoot and not bother with the EZ BOOT." Pretty soon El Pluggo had knocked great raggedy chips out of both front feet. If I didn't nail on shoes, soon, there would be no foot left to nail.

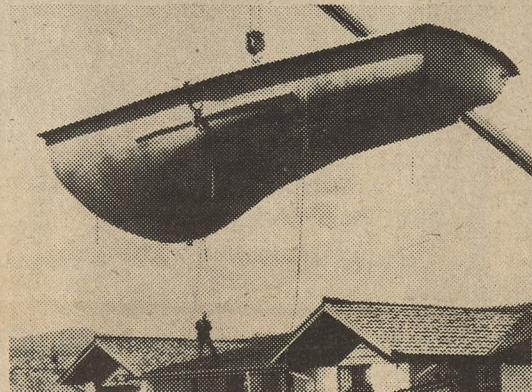
EZ BOOTS can be left on for several days but the rubber gripper strap leaves indent marks on the horse's heels. They are recommended by the manufacturer for applying medicine and protecting an injured foot. However, dirt and gravel readily sifts into the sole area of the hoof inside the EZ BOOT. A friend of mine reports using an EZ BOOT as a medicine boot successfully until the horse happened to step in mud. The EZ BOOT did not have the special mud tacks fastened inside it as the horseowner was not expecting mud. It came right off.

We saw a prancing horse in the Seaside Fourth of July parade skid on the oily blacktop and almost fall. Metal shoes are very slippery on city streets. EZ BOOTS ought to be great for parade horses; they are really non-skid. But they're also ugly. Hmmm. Problems, always problems.

Also they are very expensive at the outset. EZ BOOTS cost about \$17 apiece. They claim to be long lasting and this is undoubtedly true. El Pluggo's showed no signs of wear after six weeks of frequent use.

They do have this advantage over horseshoes: in EZ BOOTS the horse is definitely NOT going to get contracted heels.

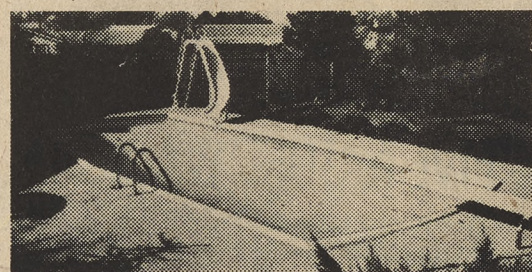
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A bit of
the Valley...

The Carmel
Valley
Outlook

A gardener's tips for growing vegetables

By DAVID COLE

Lettuce, peas, beans, certain tomatoes and winter vegetables like broccoli, carrots and beets are the best bet for Carmel gardeners.

But, according to Fred Bell of Pebble Beach, there are a few tricks every coastal gardener can use to assure fresh vegetables for the summer table.

For instance, since Carmel and Pebble Beach are subject to foggy, cool summers, Bell (a member of the Men's Garden Club of the Monterey Peninsula) says he likes to use aluminum foil to increase heat and light for the plants.

Bell suggests placing tomato plants next to a wall and then painting the wall white or covering it with foil. He often covers the ground around a young seedling with foil, to reflect light upward onto the leaves and increase photosynthesis.

Since insects which attack plants dislike light and usually hide on the underside of leaves, foil reflection helps to discourage infestation of garden vegetables.

Radishes are known as "insect lures" because their above-ground leafy portions attract bugs away from other plants and by the time radish leaves are eaten, the radish itself is ready to be picked.

But flying insects aren't the only problem. In this area, slug baiting is a must for most vegetable protection, and many root plants, especially radishes, are attacked by maggots.

Bell recommends spreading powdered diazanon over the soil and raking it into the soil, two inches down, to kill all root maggots. Another way, is to simply rake in a cup of unused coffee grounds in with, say, carrot seeds before planting. Spread the seed-coffee mixture and your carrots will be spaced and the odor of the coffee in the soil will repel root maggots.

Peninsula soil tends to be either neutral or alkaline and local water is alkaline. Although asparagus, beets, broccoli and califlower all demand alkaline soils, other common vegetables call for either acid or neutral soil.

Tomatoes, carrots, beans, peas, cucumber and corn all need acid soil and powdered sulphur — not too much or it will burn — can be mixed in with soil to increase its acidity. Agricultural lime may be applied to increase alkalinity.

Keep in mind, when purchasing fertilizers for something like tomatoes, that each of the three numbers on the box, in order, stand for nitrogen — phosphorous — potassium. For tomatoes, in Peninsula soil, get something low in phosphorous.

Out in the valley, Bell says, suburban farmers have more room and warmer summer weather, but in

Carmel and Pebble Beach the backyard vegetable grower must come up with a compact, cool weather crop.

Bell recommends Pixi tomatoes for the coast, although he understands Ace tomatoes are pretty good too. He does not like the traditional San Francisco Fog variety because they are too "mealy."

An early vegetable is peas, which Bell grows in double rows on either side of a trellis to save space. He plants them every four inches and staggers the two rows so they grow up the trellis two inches apart.

The coastal weather is good for lettuce, even the

hard-to-grow head varieties, but Bell recommends leafy lettuce (specifically the "Grand Rapids" variety) because of its speed of maturation.

Bell also recommends carrots and beets, but mix the seeds with radish seeds. The radishes come up first, are picked, and serve to thin out the carrots. Carrots can be grown right up until Christmas.

Bush Beans are good in Carmel because they are fast growing and, of the squashes, Bell only recommends the easily grown zucchini.

With most vegetables, Bell cautions not to wait too long

before picking. He picks lettuce after its first burst of growth and pulls up root crops as soon as the base of the vegetable breaks the surface.

Bell has tried some of the more exotic vegetables, such as artichokes, but finds disadvantages with most. Still, he finds new hybrids of various vegetables coming out all the time.

"The science of agriculture is just starting," Bell says, and he expects to see more and more vegetables capable of growing under Carmel's cool summer conditions.

By order of the Public Utilities Commission, water rationing in the California-American Water Company Monterey District is to begin IMMEDIATELY.

The following uses of water from the Cal-Am system are prohibited until further order by the PUC:

- No outdoor irrigation, including lawn watering, except as specifically provided below.
- No washing of hard-surfaced areas, except by means of a three gallon bucket.
- No washing of cars, trailers, etc., except by means of a three gallon bucket.
- No refilling of swimming pools.
- No use of hydrant water for construction or for fire drills.

Phasing of the program will be determined by storage levels at Forest Lake and Pacific Grove reservoirs. Additional restrictions by Phases include:

Phase Zero — No mandatory restrictions on water use, but water conservation on a daily basis should prevail.

Phase One — Outdoor irrigation and lawn watering only between the hours of 5 a.m. and 7 a.m. New swimming pools may be filled and make-up water is allowed. All commercial car washes may operate.

Phase Two — Outside irrigation and lawn watering limited to the hours of 6 a.m. and 7 a.m. on Tuesday and Friday only. New swimming pools may not be filled, but make-up water in filled pools is allowed. Only car washes which recycle water may operate.

Phase Three — NO OUTDOOR IRRIGATION OR LAWN WATERING PERMITTED. No fill, refill or make-up water for swimming pools. No commercial car washes may operate.

This program will be strictly enforced by California American Water Company employees.

First violation — Written warning

Second violation — Installation in water meter of a device to reduce flow to that which will flow through a one-eighth inch hole. Device remains in place for at least one week and customer must pay a \$25 reconnection fee prior to removal.

Third violation — Installation of flow restrictor as for second violation. Restrictor will remain in place until the company returns to Phase Zero, which may be many months. Customer must pay \$25 reconnection fee.

Copies of the PUC order for this rationing program are available at the company's office at 404 W. Franklin St.

Questions about the program should be directed to the Rationing Answer Desk at 373-3051.

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Forest Theater

Macbeth — an inept production

By SEAN MCLEOD

Shakespeare's "Macbeth" is a fascinating play, but a difficult one to stage well. The surface is overwrought melodrama; underneath are some brilliantly dramatized insights about the interaction of gross ambition and moral confusion — sort of grim early "Watergate".

Faced with this challenge, most companies resort to bombast and gimmickry. The Forest Theater Guild's current production of "Macbeth" is different. Director Donald J. Ross avoids tricks and charlatanism, but he goes too far: the production is merely inept.

The Bard can use some judicious editing, but Ross's hewing and shuffling weaken the play. Most noticeably, it starts with a plunk (the second scene coming first) and ends with a plop. However, Ross does not allow his "stars" to overwhelm the rest of the cast.

The style is backyard Wagner. Normally, the "chorus" forms a semicircle behind a "principal," who stands and delivers an

"aria" directly to the audience. All too often, three-character scenes are played in a stationary line abreast.

Ramon Wilson in the title role uses his excellent voice and expressive face to create a moving, well-textured Macbeth, neither over nor underdone. But physically he is less convincing, partially due to his attractive but unflattering costumes.

Betty Fowlston is sometimes compelling as Lady Macbeth, with her obvious dedication to the role, but she never seems related to the rest of the play.

The unimaginative staging makes her appear less married to Macbeth than to her stairway — she is never more than two armspans away from it. And her mature and substantial presence contrasts jarringly with the rest of the cast, most of whom are pleasant young men who try hard.

Brock Wade is quite impressive as Banquo. Jasper Hulse plays a credible Macduff, but with some distracting mannerisms, such as jutting his face out

and straining his voice, to indicate intensity. Craig Kilbourne does an interesting interpretation of Malcolm, but in the last scene (the plop) he suffers from the ludicrous staging.

Ron Bostwick and Jeff Hudelson are competent as Duncan and the Doctor, respectively. Chip Lenno does a good job as Macduff's son, even though handicapped by dull "blocking" and a strange mother.

In fact, the portrayal of Lady Macduff is very peculiar, and her jaws seem to be wired shut. And Lady Macbeth's famous "Sleepwalking Scene," actually performed quite well, is damaged by her yellow denim nightgown.

Sad to relate, some of the other famous scenes are reduced to banality. The three Witches ("the weird sisters") are static, though articulate; they are played by two men and a woman, which seems rather shabby. The murderers are just silly.

The Porter, with one of the funniest monologues in Shakespeare, is unamusing and irrelevant. However, the play's climactic battle scene

consists solely of two over-grunted single combats, at which the audience laughed merrily.

Visually, the production is embarrassing. The set looks like something remaindered from a fire-sale. It also occupies much of the logical acting area, thus forcing the

performers to spend most of the time standing around on the "apron."

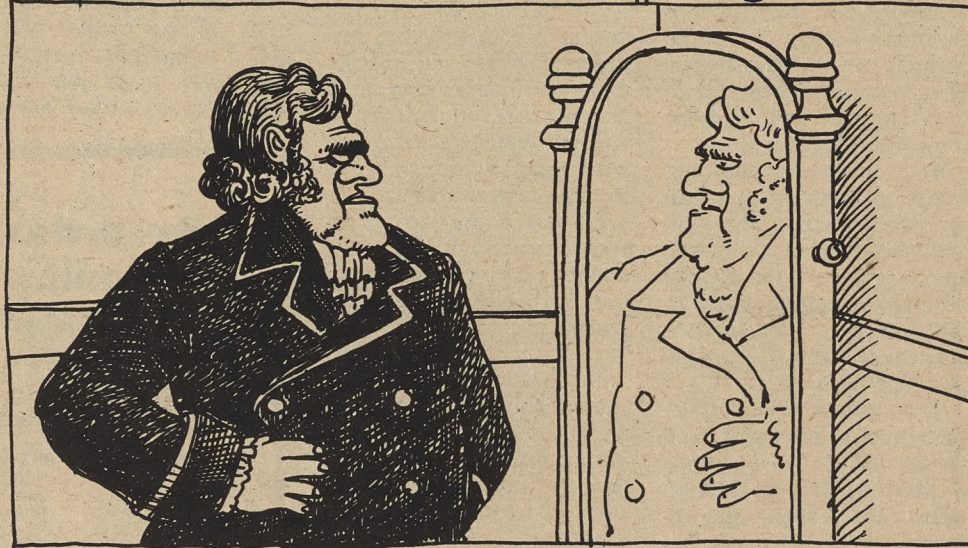
The costumes are a strange mixture: the men's are largely excellent, if pristine, except for the huge fuzzy booties. Most of the women's gowns, however, are badly out of phase — Hollywood pastels, and a blindingly wrong white-and-purple affair.

Director Ross does deserve praise for using live music throughout the play. Notably, Cheryl Fluty opens

the show by playing the harp and singing her own composition, the lovely "Lament for Macbeth."

We too lament for "Macbeth." However, the outdoor Forest Theater is a charming place to spend an evening, with its friendly fireplaces and relaxed ambience. Fortunately for its fans, and for Shakespeare buffs, "Macbeth" will be alternating weekends with "Comedy of Errors," under a different director. We will hope for the best.

Music. Beethoven Composing Himself



B. KLIBAN, cartoonist, will autograph his books Friday, July 9 at Books Inc. in Carmel. A simultaneous exhibit of his work will be on view at the Gallery of Fine Comic Art.

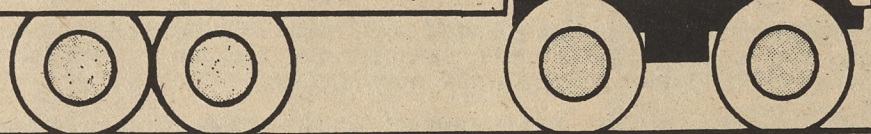
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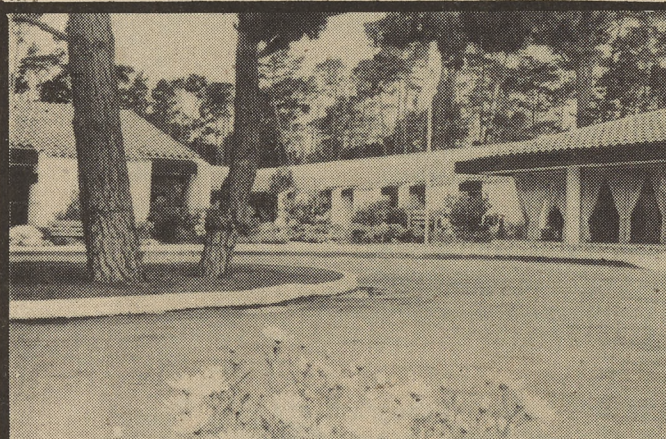
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Junior-	Trend Photography- 640 Del Monte Shopping Center- Monterey
Open	Holman's Department Store- Lighthouse Ave- Pacific Grove

Barracudas to host Watsonville

The Barracudas swim team will host Watsonville in a dual meet at Carmel High School July 10. It is the Barracudas' first home meet of the season.

On Sunday, July 11, the Barracudas will participate in the annual Swim-a-Thon at Carmel High School pool and the Carmel Valley pool, from 6:30 a.m. to 8 p.m. Members of the swim team as well as parents are signing up sponsors. The proceeds of the Swim-a-Thon support the Swimming Hall of Fame as well as the Barracudas swim team.

The Barracudas competed with the Salinas "Y" swim team in a dual meet at Salinas on June 26 and won with a score of 705-396. Approximately 150 Barracudas participated in this meet, the largest number to compete in a meet yet, according to Coach Larry Challis.

Team results:

6-under Girls

Tory Wester: 25 Back, 29.8, second; 25 Free, 30.3, fourth.

Hailey Franke: 25 Back, 29.6, first; 25 Free, 24.5, second.

Tanna Franke: 25 Back, 33.0, fourth; 25 Free, 22.7, first.

6-under Boys

Lawrence Boone: 25 Back, 47.0, fourth; 25 Free, 44.4, sixth.

Craig Cox: 25 Free, 43.1, fifth.

Tim Lee: 25 Free, 33.5, fourth.

8-under Girls

Melinda Crandall: 25 Back, 28.9; 25 Free, 25.9, fourth.

Lori Palma: 25 Back, 31.0; 25 Fly, 27.9, second; 25 Breast, 29.3, fourth; 25 Free, 23.6.

Carla Palumbo: 25 Free, 28.6, fifth; 25 Back, 27.7, fourth.

Margaret Morris: 25 Free, 19.9, second; 25 Back, 24.7, second; 100 I.M., 2:09.2, third.

Tanna Franke: 25 Fly, 28.5, third.

Neily Mathias: 25 Fly, 30.4, fourth; 100 I.M., 2:25.3, fourth; 25 Breast, 28.0, second.

Erika Radon: 25 Back, 31.9, fifth; 100 I.M., 1:45.6, first; 25 Breast, 29.2, third.

100 Free Relay: H. Franke, T. Franke, T. Wester, N. Mathias, 1:45.1.

100 Medley Relay: L. Palma, N. Mathias, M. Morris, C. Palumbo, 1:53.2, second.

8-under Boys

John Vanzander: 25 Back, 23.2, first; 100 I.M., 2:10.3, fourth; 25 Free, 20.0.

Scott Wester: 25 Back, 26.9, fifth.

Josh Hardy: 25 Back, 23.8, second; 25 Free, 18.6, first.

Sabin Speiser: 25 Back, 32.2; 25 Breast, 25.9, second.

Tuck Whitesides: 100 I.M., 2:06.8, second; 25 Free, 19.1, second; 25 Fly, 28.2, second.

Greg Falge: 100 I.M., 1:54.9, first; 25 Breast, 25.2, first; 25 Fly, 23.2, first.

Mike Allard: 25 Free, 19.7, third; 25 Breast, 26.7, third; 25 Fly, 31.0, fourth.

100 Free Relay: S. Wester, M. Allard, J. Hardy, T. Whitesides, 1:21.9, first.

100 Medley Relay: S. Wester, S. Speiser, G. Falge, J. Hardy, 1:38.4, first.

9-10 Girls

Erin Burns: 50 Breast,

52.9, sixth; 50 Free, 41.2.

Tara Speiser: 50 Free, 40.1, fourth; 50 Breast, 51.6, fifth.

Lisa Paik: 50 Free, 35.9, second; 100 I.M., 1:33.9, third.

Lisa Radon: 50 Free, 38.8, third; 50 Fly, 48.6, fourth; 50 Breast, 54.0; 100 I.M., 1:46.8.

Indi Zelany: 50 Back, 49.7, sixth; 50 Free, 42.0.

Jennifer Lloyd: 50 Free, 39.4; 50 Fly, 46.6, third; 100 I.M., 1:46.7.

Jill Mink: 100 I.M., 1:46.5, sixth; 50 Back, 45.9, third; 50 Breast, 50.0, fourth.

Katie Falge: 100 I.M., 1:29.7, first; 50 Fly, 37.7, first; 50 Back, 40.7, first.

200 Medley Relay: T. Speiser, J. Mink, L. Paik, L. Radon, 2:54.7, second.

200 Free Relay: K. Falge, L. Paik, L. Radon, T. Speiser, 2:30.6, first.

9-10 Boys

Bill Woodward: 50 Back, 42.3, first; 50 Fly, 47.0, second; 100 I.M., 1:33.7, first.

Ted Krovetz: 50 Back, 1:02.0, fourth; 50 Fly, 1:09.7; 50 Free, 49.5.

Ali Voskay: 50 Back, 48.0, third; 100 I.M., 1:45.4, fourth; 50 Breast, 54.2, fourth.

Mike Kelly: 100 I.M., 1:42.6, third; 50 Free, 37.1, second.

Hoff Brooks: 50 Free, 45.6, fourth.

Mike Falge: 50 Free, 38.2, third; 50 Fly, 56.0, third; 50 Breast, 51.8, third.

Bob Walthour: 50 Fly, 45.8,

first; 50 Breast, 45.8, first.

200 Free Relay: M. Kelly, H. Brooks, M. Falge, B. Walthour, 2:45.7, first.

200 Medley Relay: B. Woodward, A. Voskay, B. Walthour, M. Kelly, 2:53.8, first.

11-12 Girls

Susie Brandt: 50 Fly, 43.8; 100 I.M., 1:33.3, fifth; 50 Breast, 47.7; 50 Free, 33.0.

Sarah Hicks: 100 I.M., 1:21.9, first; 50 Fly, 38.5, first.

Liz Weiss: 100 I.M., 1:33.4, sixth; 50 Fly, 42.9, fourth; 50 Breast, 44.0, third.

Lisa Crumme: 50 Fly, 47.3, fifth; 50 Breast, 51.6, fourth; 50 Free, 38.1, fifth.

Kris Chappell: 50 Back, 48.6, fourth; 50 Free, 39.4, sixth; 100 I.M., 1:46.5.

Jennifer McNamara: 50 Back, 42.8, second; 50 Free 32.2, first.

Jody Mink: 50 Back, 43.9, third; 100 I.M., 1:32.7.

Ellen Harbert: 50 Breast, 42.3, second; 50 Back, 49.3.

200 Medley Relay: J. McNamara, L. Weiss, S. Hicks, J. Mink, 2:33.2, first.

200 Free Relay: J. McNamara, S. Hicks, L. Weiss, L. Crumme, 2:18.9, first.

11-12 Boys

John Crandall: 50 Back, 49.5, fifth; 50 Fly, 47.2; 50 Breast, 46.1; 50 Free, 37.3.

Brett Langley: 50 Back, 37.0, first; 50 Free, 31.6, first.

Pete Woodward: 50 Back, 40.3, second; 50 Fly, 42.7, third.

Brad Langley: 50 Free, 31.8, second; 100 I.M., 1:30.4,

fourth; 50 Breast, 44.0, third.

Tom Zelany: 50 Free, 34.5, third; 50 Fly, 43.4, fourth.

Mike Hardy: 100 I.M., 1:25.8, second; 50 Breast, 42.4, second.

Chris Whitesides: 100 I.M., 1:28.2, third; 50 Fly, 40.5, first.

Mark Krovetz: 50 Breast, 45.7, fourth; 50 Free, 35.7; 50 Back, 47.3.

200 Free Relay: Brett Langley, C. Whitesides, M. Hardy, P. Woodward, 2:07.2, first.

200 Medley Relay: Brett Langley, M. Hardy, C. Whitesides, P. Woodward, 2:29.7.

13-14 Girls

Maureen Falge: 50 Free, 29.4, first, "A Time"; 200 I.M., 2:55.2, fifth; 100 Fly, 1:32.2, third; 100 Back, 1:22.4, fourth.

Mary Harris: 50 Free, 30.4, second; 100 Back, 1:21.2, third.

Beth Allard: 50 Free, 30.9, third; 100 Breast, 1:24.6, first; 100 Free, 1:10.2, fourth.

Stacey Hicks: 100 Fly, 1:15.5, first; 200 I.M., 2:38.3, first; 100 Back, 1:16.6, first.

Sara Conklin: 100 Fly, 1:42.4; 100 Breast, 1:32.4, fourth; 200 I.M., 3:09.4.

Suzi Hermanson: 200 I.M., 2:40.8, third; 100 Fly, 1:21.7, second; 100 Back, 1:16.6.

Pam Gayman: 100 Fly, 1:33.8, fourth; 100 Breast, 1:30.4, third; 100 Free, 1:08.8, third.

200 Free Relay: S. Hermanson, S. Hicks, P. Gayman, M. Harris, 1:58.7, first.

200 Medley Relay: S. Hermanson, B. Allard, S.

Hicks, M. Harris, 2:12.8, first.

13-14 Boys

Konrad Schuler: 200 I.M., 3:39.8, fifth; 100 Breast, 1:39.6, fifth.

Randy Paik: 100 Fly, 1:29.3, third.

Adam Sherburne: 100 Fly, 1:14.7, first; 200 I.M., 2:38.6, first; 100 Breast, 1:21.4.

Randy Berry: 100 Free, 1:22.8; 100 Back, 1:42.2, fourth; 50 Free, 34.3, fourth.

Dave Mason: 100 Free, 1:23.2, fifth; 50 Free, 35.4, sixth.

Arthur Strum: 100 Free, 1:02.7, first; 100 Back, 1:22.2, second; 50 Free, 28.1, second.

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LAST CHANCE... We've only got 150 copies left of the 2nd printing of Bill Bates first cartoon book *Serra's Place*. Available at the Carmel Pine Cone office, Dolores between 7th and 8th, Carmel or by mail order \$3.50 each. Send your check to Box G-1, Carmel. 93921. Hurry... they won't last long and we are not printing any more. No dealers — please.

THIS PAPER WILL NOT be responsible for any ad appearing incorrectly for more than one insertion. If your ad appears inaccurately, please notify us immediately.

PARASIO HOT SPRINGS — Quiet, mountain area. Inclosed hot mineral bath, 2 outdoor swimming pools. Picnic area for day visitors, camping and recreational vehicle hook-ups, completely equipped cottages. South Monterey county, off highway 101. 678-2882.

OLLIE BLACKBERRIES: Pick them yourself. "The Boys." Carlton and Kerr Roads, Watsonville. 722-1600. 8 a.m.-5 p.m.

Lost & Found

REWARD — \$500. White English Bull Terrier. Deaf. Brown patch over right eye, brown tipped ear. 624-3079, collect, (714) 646-0944.

CAMERA, LOST IN CARMEL June 23, by an English friend. Model No. 528 T.L. Rank-Mamiya-Sekor. Call collect for reward. (714) 524-0863.

Pets & Livestock

BRITTANY PUPS-AKC Registered. Champion stock, excellent hunters. 1-637-6544.

BOARD AVAILABLE FOR 1 horse, including feeding stall and paddock. No. 1 alfalfa, fed twice daily. \$95-month. Including exercise area. 659-4050 after 6 p.m.

HORSE, HALF ARABIAN half Quarter. Gentle 11 years old. Price \$475 cash. New saddle and tack \$395. Call 659-2729.

CARARO STABLES, near Carmel Valley Village offers complete Horse Boarding facilities — individual stalls with pipe paddock, pasture, riding-roping arena, tack room. Low monthly rates-vacation rates also available. Call John Carlin, 659-4028.

Services Offered

PLUMBING, ELECTRICAL, SMALL job specialist, call Ed. 624-4678.

SOLITUDE AND PRIVACY!

Just listed! Four bedrooms, two baths, den or office and a family-style kitchen. Paneled living room with Swedish fireplace and also another fireplace in the kitchen-family area. It is located about 5½ miles down Corral de Tierra Road on 1.8 acres of land with fruit trees and wildlife in abundance. It's zoned for just about any kind of animals you'd like to have. Asking \$74,950 and bring us an offer.

DICK CHALLIS
Seamont Real Estate
899-2345



Michael Sonnenberg—Owner

- FIRST CALL AT HOSPITAL OR HOME • CREMATION
- IF DESIRED SCATTERING OF CREMATED REMAINS AT SEA • PRE-ARRANGEMENT

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Thank you

classified ads

DRAFT TYPING: Fast and reliable. Call Beth 624-4712 after 5 p.m. and weekends.

KRAIG CARROLL — PAINTING contractor (License No. 309797). Bonded. Repaint specialist. References. 649-1861.

VITA GREEN LANDSCAPE will maintain top condition year round in large garden, estate or commercial property. Irrigation control techniques. State Licensed Landscape Contractor, No. 312975. Call 659-2309.

CHAUFFEUR — COLLEGE STUDENT will drive you anywhere at anytime. Vehicle must be provided. Please call 625-0463 before 10:00 a.m. References.

DON'T WAIT FOR hauling, yard care, clean up. Call Speedy in Carmel. Dump truck or pick-up service. 624-4980 all day, everyday.

MOVING & HAULING — have large van for safe transportation of furniture, etc. Working way through college. Reliable. 625-2868.

MR. FIX-IT repairs, painting, etc. Eighteen years in Carmel. No job too small. Ed Miller, 624-2930

HOUSEPAINTING, GARDENING MAINTENANCE clean-up. References. Call 624-4758, Richard or Thomas.

PAINTING AND PAPERHANGING done by the professional with 15 years experience. Reasonable prices, free estimates. Local references. Joseph diMauro, 624-1207.

Instruction

BEGINNING GUITAR LESSONS, given in my home. \$4.00 per hour-long lesson. Call 624-5858.

Situations Wanted

COLLEGE STUDENT AVAILABLE for indoor-outdoor watering and pet care. Call 624-4344.

SECRETARIAL - ADMINISTRATIVE POSITION wanted. B.S. in Business Administration and Real Estate Licensee. Efficient, permanent resident. Resume, references available. Box 5831, Carmel.

GENTLEMAN EXPERIENCED in house-sitting seeks position by week and or weekend. 624-0260 for reference.

Help Wanted

SPANISH TEACHER TO teach conversational Spanish to professional couple. 625-0650 or 422-9801.

FINE WOODWORKER TO teach me how to make a cabinet drawer. 667-2443.

LOCAL WOMAN TO take care of quiet and beautiful house for summer — maybe longer. Light cooking for 1 person. Salary open. References required. 659-4996.

MAKE MONEY — WIN PRIZES Kids Wanted — to sell The Pine Cone every Thursday and Friday. Sign up any weekday — ages 6-12. Dolores between 7th & 8th. 624-3881.

Yard Sales

GIGANTIC GARAGE SALE: Old and new items — everything imaginable. Furniture, Suzuki "90", metal jeep top, trash compactor, dishwasher, clothes, books, mirror, lamps. Friday, Saturday, Sunday, 10-5, corner of Brookdale Drive and Glen Place, Carmel Valley.

GARAGE AND YARD SALE: Saturday and Sunday, 12-5 p.m. North East corner of 7th and Camino Real. 624-4506. Gas toaster, kitchen equipment, lamps, lawn furniture and artifacts.

Antiques

19TH ANNUAL MONTEREY PENINSULA Antique Show & Sale. July 9, 10, & 11, 11 A.M. to 8:00 P.M. Sunday noon to 5 P.M. 28 exhibitors. Gourmet Lunch. St. Mary's-by-the-Sea Episcopal Church complex. 12th and Central, Pacific Grove.

Misc. For Sale

PLASTIC BAGS 5 1/2 x 16 — \$1.00 a hundred. Call Cass, 624-3881.

PIANO — BECKER 6'3" GRAND, ebony. Excellent condition, \$2,000 firm. Call 649-6830 after 6:00 p.m.

YOU'LL BOTH LOOK SWEET. Upon these seats. 2 his and her Sears 5 speed bicycles. Like new. \$135. 625-1675.

SMALL ANTIQUE GAS STOVE and gas heater, \$100 for both. Call 649-6830 after 6:00 p.m.

TURQUOISE, OPAL, GEMSTONES, jewelry, silver beads, etc. Carmel Valley Plaza Linda — "Patrick," 659-4722.

SEASONED OAK WOOD \$50-cord. You haul. 659-3380 after six.

(PIK-YOR-SEF) Olallie (Blackberries) 35 cents lb. Highway one to Watsonville, take Riverside Drive (Highway 129) off-ramp, go east 3 miles, left onto Lakeview Road for 2 miles, field on right. Frozen raspberries and boysenberries available. Bring containers. Daily 8:00-5:00.

ALUMINIUM PLATES, 23x35...used for printing. Great as insulators, metal guards, roofing, etc. 30 cents each or 50 for \$12.00. Carmel Valley Outlook, Mid Valley Shopping Center, Wednesdays and Thursdays, 9-4. All sales Cash.

MAHOGANY DUNCAN PHYFE 5' dining room table. Five upholstered chairs. Sacrifice — \$100. Can be seen at Carmel Business Association office, Vandervort Court-San Carlos. 624-2522.

Wanted

YOUR ANTIQUES, FINE furniture, porcelain, silver, paintings, old glass, objets d'art. Davis-Holdship, Mission near 6th. 624-5757.

EXISTING TRUST DEEDS purchased at reasonable discounts 10-20 percent. Peninsula Mortgage Co. 625-2522.

Business Opportunities

DEALERS WANTED: California Hot Tub Co. of Menlo Park, California manufacturers of the finest redwood hot tubs and equipment anywhere seeks sole distributor for its products on the Monterey Peninsula. Excellent dealer program including cooperative advertising, mobile display, merchandising and a proven and tested approach to the market should produce earnings of \$50,000 to \$100,000 per annum for qualified dealers. Low key, refined business. Capitol required \$3,000. Exclusive area; Monterey, Salinas, Carmel, Salinas Valley including San Luis Obispo, Paso Robles. Please, only sincere parties reply. California Hot-Tubs, 3551 Haven Avenue, Menlo Park. Attn: Ed Burfine. 364-0700.

UNBELIEVABLE 750 sq. ft. BEAUTIFUL CARMEL SHOP: low rent, long lease, for sale. Without inventory \$40,000, with inventory \$65,000. Prime location. Write: CYS, Box 5006, Carmel, Calif. 93921.

Vacation Rentals

FURNISHED CONDOMINIUM FOR LEASE: 2 bedroom, 2 bath, architecturally designed with walled patio, balcony, deck and garage. Located in sheltered warm-belt near Carmel. Set in 48 acre green-belt with 2 tennis courts and pool. Completely furnished. Elegant two-story living room. Kitchen includes all built-ins. This is not an adults only condominium. Pets on approval. \$650 per month for June, July and August or any portion thereof. Available immediately. Available by the month. Strathmeyer Real Estate. 624-5368

VACATION RENTAL — WALKING distance to town. Clean, cozy, reasonable. Suitable for 2. 624-1608.

VACATION RENTALS, PROPERTY management. Ione Miller, San Carlos Agency, Box 4118, 624-2510 or 624-3846.

WE HAVE FURNISHED HOMES available by the week or month — Lincoln Green Cottages by the week or day. Barbara Wermuth, Carmel Realty, 624-6482.

MAUI — CONDOMINIUM FOR rent, weekly. Two bedroom, 2 bath, fully equipped. 624-5003.

Wanted To Rent

\$20.00 REWARD Young couple with little girl and a boxer puppy need a 1 1/2 or 2 bedroom house, unfurnished, in Carmel, Monterey or Pacific Grove. 394-2498 or 624-8469. \$200.00 a month tops.

PROFESSIONAL MAN SEEKING cottage or small home, with fireplace, in Carmel for 1. Box 3101, Carmel.

For Rent Commercial

DOWNTOWN CARMEL — 440 sq. ft. in new building suitable for office, shop or studio. 624-9541.

For Rent

DOWNTOWN CARMEL. 2 bedroom, unfurnished, in new building. Carpets, drapes, dishwasher, disposal, self-defrosting refrigerator, self-cleaning oven. Utilities included except electricity, lease. \$375. 624-9541, 624-1266.

CARMEL: UNFURNISHED, two bedroom, 1 1/2 bath condominiums. Dishwasher, disposal, compactor. Laundry hookups. Maintenance paid. Views. Swimming pool. Tennis courts. With fireplace \$450 per month on lease. Without fireplace, \$425 per month on lease. No pets. Betty Gross, Carmel Realty Company, 624-6484.

GARAGE SPACE FOR rent. 5th and Junipero. 624-6342.

DOWNTOWN CARMEL. 1 bedroom, furnished apartment. Refrigerator, no kitchen. \$195. Responsible adult. References. 624-1475.

WANTED: QUALITY GENTLEMAN to share Carmel Ocean Avenue home between beach and town. \$250-month. No pets. 624-9724.

CHARMING CARMEL COTTAGE. Lovely oak settings. 2 bedrooms, Carmel stone fireplace, large modern kitchen, private patio. 4 blocks to beach. \$375. 624-2289.

PEBBLE BEACH — FURNISHED one bedroom guest house near Lodge. Single male. \$250 includes utilities. Lease.

HACIENDA CARMEL — FURNISHED one bedroom. Short-term. Must be 55 years old. \$300.

CARMEL WOODS: SECLUDED 2 bedroom, 2 bath, quiet neighborhood. \$400-lease. San Carlos Agency 624-3846.

RANCHO CERRITOS MOBILE HOME park, Santa Cruz County's newest luxury adult park. Models on display. Come see how wonderful mobile home living can really be. Corner of Green Valley and Main, Watsonville. Telephone 722-5391.

UNFURNISHED APARTMENTS FOR lease. 2 bedrooms, 2 baths, all utilities included. Enclosed garage. \$500-\$550 per month. Jack J. Miller, Owner-Agent. 624-3846.

COTTAGE HIDE-A-WAY Carmel Highlands. Fireplace, wee kitchen. \$30-day, \$200-week. 373-2858.

NEW OCEAN VIEW from both decks. Luxurious, custom built 7 room home, with red hot jacuzzi bath. 3 bedrooms, sunroom, fireplaces. 2 car garage. \$750. Years lease. Inter-City Realtors. Call collect day or night. (415) 886-6022.

\$135-MONTH. Excellent location, 1 block south of Ocean on Monte Verde. Separate unfurnished room and bath. Quiet, mature person only. Please call Mrs. Choate, Sands Motel, 624-1255 after 6:00 p.m. Thursday or Friday only.

PEBBLE BEACH FAMILY HOME 4 bedrooms, 2 1/2 baths, furnished, all appliances. Carmel schools. Lease. 624-0570.

CARMEL HOUSE FOR RENT. Small, artistic. Mostly furnished. No pets or small children. \$150 a week or \$300-month. 375-8843.

CARMEL POINT - UNFURNISHED, near beach, charming Comstock post-adobe. Sunny patio, large living-room, fireplace with raised hearth. 2 large bedrooms, 2 baths, big closets. A/EK, washer and dryer, attached single garage, with electric door. Drapes and wall-wall carpet throughout. \$510-month, includes water and gardener. 1 year lease. No pets. 625-0974.

STUDIO APARTMENT DOWNTOWN Carmel. Some furniture. Prefer quiet, employed adult. Street parking. References requested. 624-5757.

Real Estate For Sale

CARMEL VALLEY FABULOUS masonry house. Five minutes from village. Secluded, 2 1/2 acres-plus. Two inside glass roofed patios. Many sky lights. Three magnificent baths. Oak unsurpassed views. Landscapes. Automatic sprinklers. \$150,000. 659-4996.

CARMEL LOT WITH water meter within city limits. \$37,500. By owner. Box 2414, Carmel, 93921. (408) 624-2331.

PEBBLE BEACH. Nearly new four bedroom, three bath delight. Peek of the ocean, too! \$100,000. Stewart Giffin and Associates, Realtor. 624-8991.

CARMEL VALLEY. Custom 4 bedroom, 2 bath family home in sunny Rancho Canada. Level acre. \$92,000. Stewart Giffin and Associates, Realtor. 624-8991.

Business Services Directory

C.V. Mobil Service
TUNE—UPS
BRAKES
659-2572

Carpentry and Woodworking Service
Small jobs and general repairs
Free estimates gladly given
Barry Elkins
624-1075

CARMEL VALLEY DISPOSAL SERVICE
Serving You
From Big Sur to Cachagua
COMMERCIAL CONTAINERIZED SYSTEM
P.O. Box 746, CARMEL
you can now pay your bills
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DEL MONTE COIN-OPERATED LAUNDRY
(between Hastings and Saks) —
Featuring NEW Maytag Dial-a-Fabric Washers
Frigidaire top loaders. Philco-Bendix front loaders — single and double. 2 heavy-duty 30 lb. washers
Open 7 days a week
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After 5:00 p.m. 624-5395

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WANTED
Overweight people who want to eat normally and lose weight.
Phone 649-1938
"THE EASIER WAY"

Conlan Electric
Residential & Commercial
15 years in Carmel Valley Village
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Carpets cleaned in your home. Also free pick-up and delivery for rug and upholstery cleaning in our modern plant.
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Apt. in Harvard square area available for
EXCHANGE
Last two weeks in July
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Responsible bachelor working on doctoral dissertation desires apartment or house in Carmel area for exchange. Have apt. on secluded Cooledge Hill estate in Cambridge (15 minutes walk from Harvard University). References required. Please call (617) 864-6000 Ext 3227 or (617) 661-3211 evenings.

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SAUERKRAUT
32 OZ. JAR **47¢**



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DESITIN OINTMENT
2 1/4 OUNCE
RECOMMENDED FOR DIAPER RASH
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15" SIZE
LIFE SAVERS CANDIES OR GUM
LOW **10¢** YOUR CHOICE



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ITALIAN KITCHEN WINE VINEGAR
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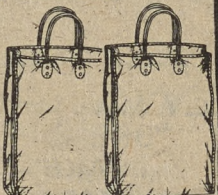
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HOUSEHOLD ENVELOPES
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PLAIN WHITE, GUMMED FLAP
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VINYL TOTE BAGS
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L'EGGS PANTY HOSE
ALL SHADES AND SIZES
10% OFF
STOCK UP NOW & SAVE MORE!



BRITE-BOWL TOILET BOWL CLEANER
9 OZ.
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NOW WITH DEVELOPING AND PRINTING OF YOUR 12 EXPOSURE KODACOLOR II FILM RECEIVE ANOTHER ROLL FREE
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EAGLE PLAY BALLS
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9 1/2 IN. INFLATED
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COMBINATION OF THREE TASTY FLAVORS
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PRINTS FROM YOUR 2"x2" SLIDE BY DREWRY
SPECIAL LOW **39¢**



LONGS BRAND DELUXE RUBBER GLOVES
ASSORTED SIZES AND COLORS
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COLEMAN PROANE SINGLE-MANTLE LANTERN
IDEAL FOR CAMPING & OUTDOOR SUMMER LIVING
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14.1 OUNCE
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SHOP LONGS ANY DAY AND SAVE!



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2 OUNCE SIZE
LONGS SALE PRICE **29¢**



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ASSORTED SIZES & COLORS
PACKAGE OF 30
GLAD SMALL GARBAGE BAGS
59¢



COLEMAN 36 QUART POLY COOLER
LONGS SALE PRICE **9.99**



ALL GARDEN AND FLOWER SEEDS
YOUR CHOICE
SALE PRICE **25% OFF**



SUMMER PLANTING TIME
FOR HEALTHIER PLANTS
EARLY BIRD SOIL CONDITIONER
6 CUBIC FT. BAG
LONGS SPECIAL LOW, LOW PRICE **88¢**



GERMAIN'S WIRE HANGING BASKET
DURABLE AND DECORATIVE
10 INCH SIZE
GREAT FOR SPECIAL INDOOR & OUTDOOR HANGING PLANTS
77¢

